

SUMMER WEEK 4 LUNCH CHOICES**SUNDAY**

Shrimp Cocktail with Lemon
 Soup of the Day: Split Pea & Ham

Grilled Steak Medallions
 Baked Scallops with Crumb Topping

Butternut Squash
 Mashed Potato

Fresh Asparagus
 Spinach with Almonds

Ice Cream Sundae
 Apple Squares

MONDAY

Assorted Grapes
 Soup of the Day:
 Chilled Melon Soup with Whipped Cream

American Chop Suey
 Bratwurst with Sauerkraut & Spicy Brown Mustard

3 Bean Salad
 Sweet Mashed Potatoes

Cucumber & Tomato Salad
 Brussel Sprouts

Pumpkin Cake with Cream Cheese Frosting
 Raspberry Whip

TUESDAY

Petite Spinach Caesar Salad
 Soup of the Day: Beef Vegetable

Linguini with Clam Sauce
 Turkey Feast Wrap: Turkey, Stuffing, Cranberry Mayo,
 Lettuce & Tomato

Peas
 Bread Sticks

Spaghetti Squash
 California Blend Veggies
Broccoli, Cauliflower, Carrots

Cherry Jell-O
 Baker's Choice Dessert

WEDNESDAY

Fresh Berries & Whipped Cream
 Soup of the Day: Cream of Asparagus

Crabmeat Roll
 BBQ Grilled Italian Sausage Sub with Peppers & Onions

Pasta Salad
 Corn on Cobb

Zucchini
 Broccoli

Assorted Novelty Ice Cream Selection

THURSDAY

Spanakopita
 Soup of the Day: Chicken Noodle

Manicotti Marinara
 Beef Stew

Garlic Bread
 Baked Potato & Sour Cream

Green Beans
 Spinach

Pineapple Tidbits
 M&M Cookies

FRIDAY

Cucumber, Onion, Dill Salad
 Soup of the Day: Lentil

Grilled Swordfish with Red Pepper Aioli
 Cheese OR Pesto with Tomato & Feta Pizza

Roasted Rosemary Red Potatoes
 Rice Pilaf

Broccoli
 Harvard Beets

Butterscotch Pudding
 Strawberry Shortcake

SATURDAY

Fresh Fruit Cup with Cottage Cheese
 Soup of the Day: Tomato

Chicken Tenders with Dipping Sauce
 Panko Crusted Salmon with Mango Salsa

Wild Rice
 Au Gratin Potato

Bok Choy
 Key Largo Blend Vegetables
Broccoli, Yellow Carrot, Green Beans, Red Pepper

Cherry Crumble
 Whoopie Pie

**All desserts have a Sugar-Free option & all Ice Cream has Lactose-Free option

SUMMER WEEK 4 SUPPER CHOICES**SUNDAY**

Petite Tossed Salad
 Soup of the Day: Split Pea & Ham

Cranberry & Walnut Baked Stuffed Chicken with Gravy
 Pesto Vegetable Primavera
Tossed with Penne Pasta & Fresh Steamed Vegetables

Pesto Penne Pasta
 Honey Glazed Carrots

Sauteed Radishes
 Onion Rings

Pistachio Pudding
 Blueberry Pie

MONDAY

Petite Chef Salad: *Swiss, Ham, Turkey, Egg & Tomato*
 Soup of the Day: Chilled Melon Soup with Whipped Cream

Shepherd's Pie
 Seafood Salad Roll with Pickles & Chips
Baked low fat & Salt-Free chips available

Dinner Rolls
 Waffle Fries

Green Beans
 Summer Squash

Peaches
 Pear-Almond Pastry Squares

TUESDAY

Tossed Salad
 Soup of the Day: Beef Vegetable

Lobster Macaroni & Cheese OR Macaroni & Cheese
 Chicken Pot Pie

Mashed Potato
 Corn O'Brien

Stewed Tomato
 Roasted Fresh Veggies
Red Onion, Mushroom, Green Pepper

Ice Cream Cup
 Oatmeal Cookies

WEDNESDAY

Mediterrian Chickpea Salad
 Soup of the Day: Cream of Asparagus

Grilled BBQ Chicken Thigh
 Baked Ham with Pineapple Sauce

Herbed Mashed Potato
 Peas & Onions

Baby Carrots
 Fresh Asparagus

Rice Pudding
 Key Lime Pie

THURSDAY

Petite Cobb Salad: *Egg, Bacon, Chicken, Avocado*
 Soup of the Day: Chicken Noodle

Turkey Meatloaf with Gravy
 Ham & Cheese Italian Sub with Pickles & Chips
Baked low fat & Salt-Free chips available

Sweet Potato Fries
 Mashed Potato

Summer Squash
 Cucumber & Tomato Salad

Grape-Nut Custard
 Boston Cream Pie

FRIDAY

Spinach Orange Mushroom Salad
 Soup of the Day: Lentil

Beef & Bean Burritos with Salsa & Sour Cream
 Grilled Tuna Sandwich with Tomato & Swiss on Marble Rye
Baked low fat & Salt-Free chips available

Spanish Rice
 Peas

Carrots
 Cauliflower

Orange Jell-O
 Lemon Bar

SATURDAY

Petite Mixed Green Salad
 Soup of the Day: Tomato

Grilled Cheese Sandwich
 Chicken Florentine

Orzo Pasta
 Granny Apple Slaw

Sautéed Mushrooms
 Sugar Snap Peas

Choice Ice Cream Cup
 Peanut Butter Cookies

**All desserts have a Sugar-Free option & all Ice Cream has Lactose-Free option