

## WINTER WEEK 2 LUNCH CHOICES

### SUNDAY

Fresh Berries & Cottage Cheese      Soup of the Day: Minestrone

Prime Rib Au'Jus  
Corn Bread Stuffed Chicken Breast  
    With Cranberry Sauce & Gravy

Butternut Squash      Fresh Broccoli  
Mashed Potato      4 Way Mixed Veggies

Build Your Own Sundae      Cherry Pie

### MONDAY

Petite Cobb Salad      Soup of the Day: Thai Coconut Vegetable

Chicken Marsala  
Vegetable Lasagna

Wild Rice      Baby Spinach with Garlic Oil  
Bread Sticks      Vegetable Ratatouille

Bismarck      Peaches

### TUESDAY

Honey BBQ Drumsticks with Ranch or Bleu Cheese Dip  
    Soup of the Day: Split Pea & Ham

Veal Parmesan with Bread Stick  
Shrimp Skewer with Mango Salsa

Ziti with Butter or Marinara      Baby Carrots  
Brown Rice      Japanese Blend  
*(Green Beans, Red Pepper, Mushroom, Onion, Broccoli)*

Raisin Spice Cookies      Butterscotch Pudding

### WEDNESDAY

Spanakopita      Soup of the Day: Cream of Carrot

Baked Cod with Fresh Lemon  
Chicken Cacciatore

Dinner Roll      Bok Choy  
Linguini with Butter      Fresh Asparagus  
    or Cacciatore Sauce

Strawberry Mousse Pie      Tapioca Pudding

### THURSDAY

Petite Chef Salad      Soup of the Day: Pork Vegetable

Country Fried Steak w/ Country Gravy  
Grilled Pork Medallions with Caramelized Onions

Mashed Potato      Fresh Spinach  
Garlic Knots      Fresh Broccoli

Mandarin Oranges      Chocolate Cake

### FRIDAY

Crackers & Pub Cheddar Cheese Spread  
    Soup of the Day: Veggie Chili

Baked Scallops with Crumb Topping  
Cheese or Feta, Red Pepper, Spinach Pizza

Rice Pilaf      Red Kale  
Egg Noodles      Brussels Sprouts

Ice Cream Cup      Baker's Choice Cookies

### SATURDAY

Fresh Fruit Cup      Soup of the Day: Chicken Noodle

Baked Pea Beans & Franks with Red Relish  
Shake & Bake Pork Cutlet      Gravy

Brown Bread      Cauliflower  
Mashed Potato      Maple Dill Carrots

Rice Pudding      Blueberry Shortcake

## WINTER WEEK 2 SUPPER CHOICES

### SUNDAY

Petite Spinach, Egg & Bacon Salad  
Soup of the Day: Minestrone

American Chop Suey      Grilled Tuna Melt

Herbed Garlic Bread      Cole Slaw  
French Fries      Carrots

Lemon Jell-O      M & M Cookies

### MONDAY

Petite Tossed Salad      Soup of the Day: Thai Coconut Vegetable

Crab & Scallop Stuffed Sole with White Sauce  
Roast Beef & Swiss on Multigrain with Pickles & Chips  
*Low fat baked & Salt-free Chips available*

Macaroni Salad      Fresh Summer Squash  
Brown Rice      Garlic Green Beans

Spice Cake      Ambrosia

### TUESDAY

Carrot Raisin Salad      Soup of the Day: Split Pea & Ham

Clam Cakes with Tartar Sauce  
Turkey Burgers on Bun with Lettuce & Tomato

French Fries      Onion Rings  
Kettle Chips      Roasted Brussels Sprouts

Apple Sauce      Baker's Choice Cookies

### WEDNESDAY

Petite Caesar Salad      Soup of the Day: Cream of Carrot

Shepherd's Pie  
Ham & Cheese Sub with Pickles & Chips

Sweet Potato Fries      Sautéed Mushrooms  
3 Bean Salad      California Blend Vegetables  
*Broccoli, Carrots, Cauliflower*

Ice Cream Cup      Pear Pastry Square

### THURSDAY

Kale Slaw      Soup of the Day: Pork Vegetable

Beef & Bean Burritos with Salsa & Sour Cream  
Curry Chicken

Spanish Rice      Carrots and Celery  
Biscuit      Capri Blend Vegetables  
*Green Beans, Carrots, Zucchini, Squash*

Peanut Butter Cookies      Bread Pudding

### FRIDAY

Fresh Berries      Soup of the Day: Veggie Chili  
Cottage Cheese

Western Omelet  
Grilled Pastrami & Swiss on Rye

Hash Brown Patty      Green Beans  
Corn Muffin      Cucumber Slaw

Apple Crisp      Key Lime Pie

### SATURDAY

Petite Mixed Green Salad      Soup of the Day: Chicken Noodle

Chicken Tenders with Dipping Sauce  
Black Bean & Rice Stuffed Cabbage

Potato Salad      Granny Smith Apple Slaw  
Waffle Fries      Onion Rings

Brownies      Orange Jell-O

**Week 2: 12/27-1/2, 1/24-1/30, 2/21-2/27.**

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