

WINTER WEEK 3 LUNCH CHOICES

SUNDAY

Shrimp Cocktail Soup of the Day: Beef Chili
 Baked Ham Raisin Sauce
 Chicken Thigh Caribbean Mango Sauce
 Butternut Squash Green Beans
 Parsley Buttered Potato Brussels Sprouts
 Ice Cream Cup Macaroons

MONDAY

Mediterranean Chickpea Salad
 Soup of the Day: Lentil
 Fried Haddock Tenders with Tartar Sauce
 Pot Roast Onion Gravy
 Rice Pilaf Fresh Broccoli
 French Fries Cauliflower Au Gratin
 Cherry Jell-O Marble Cake

TUESDAY

Petite Caesar Salad Soup of the Day: Vegetable Beef
 Grilled Chicken Breast
 Spaghetti with Meat Sauce
 Peas Fresh Spinach
 Dinner Roll Honey Glazed Carrots
 Lemon Cookies Fruit Cocktail

WEDNESDAY

Vegetable Egg Roll Soup of the Day: Chicken Vegetable
 Beer Battered Shrimp with Tartar Sauce
 Chicken Filet on Bun, Lettuce, Tomato, Honey Mustard
 Sweet Potato Fries Sautéed Mushrooms
 Baked Potato Roasted Radishes
 Orange Whip Angel Cake with Strawberry

THURSDAY

Pigs in a Blanket
 Soup of the Day: Butternut Squash
 Chicken Florentine
 Beef Tips Mushroom Gravy
 White Rice Mashed Turnip
 Steak Fries California Blend Vegetables
 Broccoli, Carrots, Cauliflower
 Apple Squares Vanilla Pudding

FRIDAY

Fresh Berries Soup of the Day: Clam Chowder
 Crabmeat Stuffed Baked Haddock with Newburg Sauce
 Cheese or BBQ Chicken & Red Onion Pizza
 Roasted Butternut Squash Fresh Zucchini
 Corn O'Brien Harvard Beets
 Ice Cream Cup Banana Cake

SATURDAY

Spanakopita Soup of the Day: Beef Barley
 Meatloaf
 Chicken Cordon Bleu with White Sauce
 Roasted Red Potato Cranberry Glazed Carrots
 Mashed Potato Key Largo Blend Veggies
 Yellow & Orange Carrots
 Green Beans, & Red Pepper
 Ice Cream Cup Strawberry Jell-0

SUNDAY

Petite Tossed Salad Soup of the Day: Beef Chili
 Meatball Parmesan with Ziti
 Turkey Stew
 Ziti with Marinara or Butter 4 Way Mixed Vegetables
 Peas & Onions Fresh Asparagus
 Boston Cream Pie Pistachio Pudding

MONDAY

Fresh Fruit Cup
 Cottage Cheese Soup of the Day: Lentil
 Rosemary Chicken with Garlic Wine Sauce
 Cheeseburger, Hamburger, or Veggie Burger
 Mashed Potatoes Beets
 Brown Rice San Francisco Blend Veggies
 Broccoli, Red Pepper, Green Bean, Yellow Carrot
 Pears Baker's Choice Dessert

TUESDAY

Roasted Red Pepper Hummus with Pita Chips
 Soup of the Day: Vegetable Beef
 Vegetable Lasagna
 Turkey B.L.T. on Wheat
 Garlic Breadstick Wax Beans
 French Fries Apple Slaw
 Blueberry Turnover Grapenut Custard

WEDNESDAY

Petite Tossed Salad Soup of the Day: Chicken
 Vegetable
 Baked Scallops with Crumb Topping
 Ham Salad on Wheat with Pickles & Chips
 Low Fat Baked & Salt-Free Chips available
 Wild Rice Roasted Vegetables
 Mashed Potato Veggie Kale Blend
 Chocolate Chip Cookies Ice Cream Cup

THURSDAY

Petite Chef Salad Soup of the Day: Butternut Squash
 Lobster or Plain Macaroni & Cheese
 Roast Pork Tenderloin Monte Carlo
 Tomato, Celery, Onion, Capers, Garlic & White Wine Sauce
 Peas & Carrots Fresh Spinach
 Yams Stewed Tomatoes
 Raspberry Fold Up Pastry Chocolate-Cherry Crumbles

FRIDAY

Red Bean Salad with Feta & Peppers
 Soup of the Day: Clam Chowder
 Grilled Monte Cristo Sandwich
 Turkey, Ham & Swiss in French Toast with Maple Syrup
 Beef & Rice Stuffed Pepper
 Baked Potato Mashed Parmesan Cauliflower
 Sweet Potato Fries Fresh Asparagus
 Pineapple Tidbits Baker's Choice Cookies

SATURDAY

Petite Mixed Greens Salad Soup of the Day: Beef
 Barley
 Quiche Lorraine with Croissant
 Eggplant Parmesan
 Cheese Tortellini Marinara Green Beans
 Croissant Fresh Spinach
 Butterscotch Pudding Blueberry Pie

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

WINTER WEEK 3 SUPPER CHOICES

Week 3: 1/3-1/9, 1/31-2/6, 2/28-3/6.