

**WINTER WEEK 4 LUNCH CHOICES**

**SUNDAY**

Bacon Wrapped Scallops    Soup of the Day: Chicken Rice  
 New York Strip Steak with Sweet Bourbon Sauce  
 Rolled Oat Chicken with Cranberry Glaze  
 Baked Potato    Baked Asparagus Balsamic Butter Sauce  
 Peas              Baby Carrots  
 Ice Cream Cup                              Brownies

**SUNDAY**

Petite Chef Salad    Soup of the Day: Chicken Rice  
 Beef & Bean Burrito with Sour Cream & Salsa  
 Ham & Cheese Italian Sub Pickles & Chips  
*Low Fat Baked or Salt-Free Chips available*  
 Baked Potato Wedges    Fresh Roasted Vegetables  
 Spanish Rice    Fresh Zucchini  
 Ginger Cookies                              Raspberry Whip

**MONDAY**

Carrot & Raisin Salad    Soup of the Day: Curried Lentil  
 Crab & Scallop Stuffed Sole    White Cream Sauce  
 Liver & Onions  
 Mashed Potatoes                      Sautéed Mushrooms  
 Wild Rice                              Capri Blend Vegetables  
*Carrot, Zucchini, Summer Squash, Green Beans*  
 Chocolate Cherry Cookies              Orange Jell-O

**MONDAY**

Crab Rangoon w/ Sweet & Sour Sauce    Soup of the Day: Curried Lentil  
 Teriyaki Shrimp Skewers  
 Shepherd's Pie  
 Brown Rice                              Sautéed Bok Choy  
 Peas & Onions                      Stir Fry Blend Veggies  
*Water Chestnut, Green Beans, Carrot, Pea Pod*  
 Blueberry Cake                              Chocolate Pudding

**TUESDAY**

Petite Caesar Salad    Soup of the Day: Minestrone  
 Veal Cacciatore  
 BBQ Pulled Pork on Sub Roll  
 Linguine Cacciatore                      Green Beans  
 Kettle Chips                              4 Way Mixed Veggies  
 Apple Crisp                              Baker's Choice Dessert

**TUESDAY**

Petite Tossed Salad    Soup of the Day: Minestrone  
 Stuffed Shells with Meat Sauce  
 Shake & Bake Chicken    Cranberry Sauce & Gravy  
 Garlic Bread Stick                      Maple Dill Carrots  
 Baked Potato                              Sautéed Mushrooms  
 Tapioca Pudding                              Lemon Meringue Pie

**WEDNESDAY**

Sunset Salad: *Lemon Jell-O with Carrot & Pineapple*  
 Soup of the Day: Corn Chowder  
 Swedish Meatballs  
 Vegetable Alfredo  
 Bowtie Pasta w/ Butter or Alfredo              Fresh Spinach  
 Garlic Knots                              Beets  
 Congo Bars                              Lemon Cake Topped Pudding

**WEDNESDAY**

Petite Cobb Salad    Soup of the Day: Corn Chowder  
 Seafood Salad Roll  
 Roast Turkey with Gravy & Cranberry Sauce  
 Mashed Potatoes                      Cole Slaw  
 Stuffing                              Fresh Asparagus  
 Ice Cream Cup                              No Bake Cookies

**THURSDAY**

Petite Tossed Salad    Soup of the Day: Veggie Chili  
 Beef Stew  
 Baked Herbed Chicken Thighs  
 Rice Pilaf                              Cauliflower with Red Peppers  
 Corn Muffin                              Brussels Sprouts in Sour Cream  
 Ginger Bread Cake                      Bread Pudding

**THURSDAY**

Spanakopita    Soup of the Day: Veggie Chili  
 Quiche Lorraine  
 Beer Battered Shrimp with Tartar Sauce  
 Croissant                              Apple Slaw  
 Hash Brown Potato                      Roasted Vegetables  
 Whoopie Pie                              Peaches

**FRIDAY**

Crackers & Smoked Gouda Cheese  
 Soup of the Day: Vegetable  
 Baked Scallops with Crumb Topping  
 Cheese or Pepperoni Pizza  
 White Rice                              Ratatouille  
 Mashed Potato                              Fresh Carrot  
 Ice Cream Cup                              Baker's Choice Cookies

**FRIDAY**

Petite Spinach Mushroom Orange Salad    Soup of the Day: Vegetable  
 Roast Turkey Wrap  
 With Cranberry Mayo & Stuffing  
 Spaghetti & Meatballs  
 Bread Stick                              Garlic Roasted Broccoli  
 Steak Fries                              Cucumber Slaw  
 Blueberry Shortcake                              Rice Pudding

**SATURDAY**

Fresh Fruit Cup with or without Cottage Cheese  
 Soup of the Day: Tomato Basil & Rice  
 Grilled Red Hot Dog in Bun with Chopped Onion  
 Grilled Pork Medallions with Apple Sauce  
 Baked Beans                              Cole Slaw  
 Penne Pasta with Butter                      Green Beans  
 Cranberry Crisp                              Mud Bars

**SATURDAY**

Petite Mixed Green Salad  
 Soup of the Day: Tomato Basil & Rice  
 Philly Steak & Cheese Sub  
 Western Omelet  
 Roasted Potatoes                      Fresh Spinach  
 Bran Muffin                              Sautéed Mushrooms, Onions,  
     & Peppers  
 Pecan Pie                              Lemon Jell-O

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

**Week 4: 1/10-1/16, 2/7-2/13, 3/7-3/13.**

**WINTER WEEK 4 SUPPER CHOICES**