

SUMMER WEEK 3 LUNCH CHOICES**SUNDAY**

Crab Stuffed Mushrooms
 Soup of the Day: Beef Barley

Carved Ham with Pineapple Sauce
 Herbed Chicken Leg with Gravy & Cranberry Sauce

Peas
 Baked Sweet Potato

Fresh Asparagus
 Honey Glazed Carrots

Ice Cream Sundae
 Cherry Pie

MONDAY

Petite Caesar Salad
 Soup of the Day: Minestrone

Meatloaf & Gravy
 Seafood Cioppino, *Shrimp & Scallops in spicy red sauce*

Baked Potato & Sour Cream
 Penne Pasta Spicy Marinara

Baby Spinach
 Green Beans

Chocolate Cake with Chocolate Frosting
 Strawberry Jell-O

TUESDAY

Spinach Orange Mushroom Salad
 Soup of the Day: Thai Coconut Vegetable

Steak Tips
 Summer Salad Plate: Chicken/Tuna & Egg Salad
 on bed of Lettuce with Cucumber, Tomato & Onion

Butternut Squash
 Egg Noodles

Harvard Beets
 Kale Slaw

Orange Whip
 Blueberry Shortcake

WEDNESDAY

Pesto Pasta Salad
 Soup of the Day: Chilled Strawberry

Grilled Strip Steak
 Grilled Pork Medallions

Corn on the Cobb
 Roasted Rosemary
 Red Potatoes

Zucchini
 Sautéed Mushrooms

Assorted Novelty Ice Cream Selection

THURSDAY

Fresh Fruit Cup
 Soup of the Day: Corn Chowder

Veal Roast with Gravy
 Caribbean Mango Chicken Leg

Apple Slaw
 Baked Sweet Potato

Sliced Beets
 Cauliflower

Tapioca Pudding
 Brownie

FRIDAY

Crackers & Cheese or
 Soup of the Day: Pork & Rice

Baked Cod with Crumb Topping
 Pepperoni OR Pepper Onion & Mushroom Pizza

Spanish Rice
 Baked Potato Wedges

Sliced Carrots
 Summer Squash

Pears
 Baker's Choice Cookies

SATURDAY

Feta Spinach Orange Olive Walnut Salad
 Soup of the Day: Spinach Tortellini

Ham & Cheese Italian Sub with Pickle & Chips
Baked low fat & Salt-Free chips available
 Vegetable Quiche

Baby Carrots
 Waffle Fries

Veggie Kale Blend
 Summer Ratatouille

Mandarin Oranges
 Blueberry Turnover

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

SUMMER WEEK 3 SUPPER CHOICES**SUNDAY**

Petite Mixed Green Salad
 Soup of the Day: Beef Barley

Maine Shrimp Roll
 Turkey Burger with Lettuce & Tomato Pickles & Chips

Chickpea & Tomato
 Macaroni Salad

Broccoli
 Kale Slaw

Vanilla Pudding
 Chocolate Chip Cookies

MONDAY

Sliced Watermelon
 Soup of the Day: Minestrone

Roast Pork Tenderloin with Gravy & Applesauce
 Chicken Tenders with Dipping Sauce
 (BBQ,Ranch/Sweet & Sour,Honey Mustard,Bleu Cheese)

Wild Rice
 Cous Cous

Stewed Tomatoes
 Onion Rings

Fruit Cocktail
 Baker's Choice Dessert

TUESDAY

Red Bean & Feta Salad
 Soup of the Day: Thai Coconut Vegetable

Salisbury Steak with Gravy
 Chicken Parmesan Sandwich

Oven Fries
 Mashed Potato

Cucumber Slaw
 Mashed Turnip

Ice Cream Cup
 Best Ever Cookies

WEDNESDAY

Petite Cobb Salad
 Soup of the Day: Chilled Strawberry

Cottage Cheese & Fresh Fruit Plate
 Three Cheese Lasagna

Breadstick
 Potato Salad

Parmesan Broccoli
 Summer Squash

Caramel Custard
 Carrot Cake

THURSDAY

Mediterranean Chickpea Salad
 Soup of the Day: Corn Chowder

Quiche Lorraine: *Bacon, Egg & Onion*
 Open-Face Turkey Sandwich, Gravy & Cranberry Sauce

Croissant
 Mashed Potato

Spinach
 4 Way Mixed Vegetables

Apple Crisp
 Crème Horn

FRIDAY

Petite Chef Salad
 Soup of the Day: Pork & Rice
Iceberg, Swiss, Ham, Turkey, Egg, Tomato

Shrimp Scampi with Linguini
 Grilled Pastrami & Swiss on Rye, Pickles & Chips
Baked low fat & Salt-Free chips available

Potato Pancakes
 Linguini in Garlic Oil

Oven Roasted Vegetables
 Green Beans

Cherry Jell-O
 Lemon Meringue Pie

SATURDAY

Egg Rolls
 Soup of the Day: Spinach Tortellini

Teriyaki Chicken & Mushrooms over White Rice
 BBQ Grilled Red Hot Dog on Bun with Chopped Onion & Sauerkraut

White Rice
 Sweet Potato Wedges

Oriental Mix Vegetables
 Wax Beans

Choice Ice Cream Cup
 Banana Cake

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

SUMMER WEEK 3: JULY 4 - 10, AUGUST 1 -7, AUGUST 29 – SEPTEMBER 4