

## WINTER WEEK 2 LUNCH CHOICES

Soup of the Day: Minestrone

### SUNDAY

Fresh Berries & Cottage Cheese

Soup of the Day: Minestrone

American Chop Suey  
Grilled Tuna Melt on Rye

Prime Rib Au'Jus

Corn Bread Stuffed Chicken Breast

With Cranberry Sauce & Gravy

Herbed Garlic Bread  
French Fries

Cole Slaw  
Carrots

Butternut Squash  
Mashed Potato

Fresh Broccoli  
4 Way Mixed Veggies

Lemon Jell-O

M & M Cookies

Build Your Own Sundae

Cherry Pie

### MONDAY

Petite Cobb Salad

Soup of the Day: Italian Pasta & Chickpea

Petite Tossed Salad

Soup of the Day: Italian Pasta & Chickpea

Chicken Marsala  
Vegetable Lasagna

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

Macaroni Salad  
Baked Sweet Potato

Fresh Summer Squash  
Garlic Green Beans

Wild Rice  
Bread Sticks

Baby Spinach with Garlic Oil  
Vegetable Ratatouille

Spice Cake

Ambrosia

Bismarck

Peaches

### TUESDAY

Honey BBQ Drumsticks with Ranch or Bleu Cheese Dip  
Soup of the Day: Veggie Chili

Carrot Raisin Salad

Soup of the Day: Veggie Chili

Bean & Cheese Enchiladas  
Sautéed Shrimp with Mango Salsa

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

Corn O'Brien  
Kettle Chips

Beet & Onion Salad  
Roasted Brussels Sprouts

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

Baby Carrots  
Japanese Blend

Apple Sauce

Baker's Choice Dessert

Raisin Spice Cookies

Butterscotch Pudding

### WEDNESDAY

Spanakopita  
Soup of the Day: Cream of Carrot

Petite Caesar Salad

Soup of the Day: Cream of Carrot

Baked Cod with Fresh Lemon Wedge  
Chicken Cacciatore

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

Sweet Potato Fries  
Four Bean Salad

Sautéed Mushrooms  
California Blend Vegetables  
*Broccoli, Carrots, Cauliflower*

Dinner Roll  
Linguini with Butter  
or Cacciatore Sauce

Bok Choy  
Fresh Asparagus

Ice Cream Cup

Pear Pastry Square

Strawberry Mousse Pie

Tapioca Pudding

### THURSDAY

Petite Chef Salad  
Soup of the Day: Pork Vegetable

Kale Slaw

Soup of the Day: Pork Vegetable

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

Beef & Bean Burritos with Salsa & Sour Cream  
Curry Chicken

Spanish Rice  
Naan Bread

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

Mashed Potato  
Garlic Knots

Fresh Spinach  
Fresh Broccoli

Peanut Butter Cookies

Bread Pudding

Mandarin Oranges

Chocolate Cake

### FRIDAY

Crackers & Pub Cheddar  
Cheese Spread  
Soup of the Day: Potato Leek

Fresh Berries & Cottage Cheese

Soup of the Day: Potato Leek

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

Western Omelet  
Grilled Pastrami & Swiss on Rye

Hash Brown Patty  
Corn Muffin

Green Beans  
Cucumber Slaw

Rice Pilaf  
Egg Noodles

Red Kale  
Brussels Sprouts

Apple Crisp

Key Lime Pie

Ice Cream Cup

Baker's Choice Cookies

### SATURDAY

Fresh Fruit Cup  
Soup of the Day: Chicken Noodle

Petite Mixed Green Salad  
Soup of the Day: Chicken Noodle

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

Chicken Tenders with Dipping Sauce  
Black Bean & Rice Stuffed Cabbage

Potato Salad  
Waffle Fries

Granny Smith Apple Slaw  
Onion Rings

Brown Bread  
Potato Pancakes

Cauliflower  
Maple Dill Carrots

Brownies

Orange Jell-O

Rice Pudding

Blueberry Shortcake

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

Week 2: 12/26-1/1, 1/23-1/29, 2/20-2/26, 3/20-3/26

## WINTER WEEK 2 SUPPER CHOICES

### SUNDAY

Petite Spinach, Egg & Bacon Salad