WINTER WEEK 3 LUNCH CHOICES SUNDAY

Shrimp Cocktail Soup of the Day: Beef Chili

Baked Ham with Raisin Sauce **Balsamic Glazed Chicken Thigh**

Butternut Squash Green Beans Parsley Buttered Potato Brussels Sprouts

Ice Cream Cup Macaroons

MONDAY

Mediterranean Chickpea Salad

Soup of the Day: Thai Coconut

Fried Haddock with Tartar Sauce

Pot Roast Onion Gravv

Rice Pilaf Fresh Broccoli **French Fries** Cauliflower Au Gratin

Marble Cake **Cherry Jell-O**

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

Sautéed Mushrooms **Sweet Potato Fries Baked Potato Roasted Radishes**

Angel Cake with Strawberry Orange Whip

THURSDAY

Soup of the Day: Butternut Squash Pigs in a Blanket

Chicken Florentine

Beef Tips Mushroom Gravy

White Rice **Mashed Turnip**

Steak Fries California Blend Vegetables

Broccoli, Carrots, Cauliflower

Vanilla Pudding **Apple Squares**

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 **Harvard Beets**

Corn O'Brien

Ice Cream Cup

Banana Cake

<u>SATURDAY</u>

Spanakopita Soup of the Day: Beef Barley

Meatloaf with Gravy

Chicken Cordon Bleu with White Sauce

Roasted Red Potato Mashed Potato

Cranberry Glazed Carrots Key Largo Blend Veggies Yellow & Orange Carrots

Green Beans, & Red Pepper

Ice Cream Cup Strawberry Jell-0

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

Petite Tossed Salad Soup of the Day: Beef Chili

Baked 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

Soup of the Day: Thai Coconut Cottage Cheese

Rosemary Chicken with Garlic Wine Sauce Cheeseburger, Hamburger, or Veggie Burger

Mashed Potatoes

Pears

Beets

Brown Rice San Francisco Blend Veggies

Broccoli, Red Pepper, Green Bean, Yellow Carrot Baker's Choice Dessert

TUESDAY

Roasted Red Pepper Hummus with Naan Bread

Soup of the Day: Vegetable Beef

Vegetable Lasagna Turkey B.L.T. on Wheat

Garlic Breadstick French Fries

Wax Beans Apple Slaw

Blueberry Turnover Grapenut Custard

<u>WEDNESDAY</u>

Petite Tossed Salad Soup of the Day: Chicken Vegetable

Baked Scallops with Crumb Topping Ham Salad on Croissant with Pickles & Chips

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

s 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

Soup of the Day: Beef **Petite Mixed Greens Salad**

Barley

Baked Pea Beans & Franks with Red Relish

Eggplant Parmesan

Cheese Tortellini Marinara

Green Beans

Brown Bread

Fresh Spinach

Butterscotch Pudding Blueberry Pie

Week 3: 1/2 – 1/8, 1/30 – 2/5, 2/27 – 3/5, 3/27 - 4/2