

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

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

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

WEDNESDAY

Petite Cobb Salad Soup of the Day: Corn Chowder

Swedish Meatballs
Panko Pesto Salmon

Bowtie Pasta w/ Butter Fresh Spinach
Garlic Knots Beets

Congo Bars Lemon Cake Topped Pudding

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

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

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
Potato Pancakes Green Beans

Cranberry Crisp Mud Bars

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

SUNDAY

Petite Chef Salad Soup of the Day: Chicken Rice

Cheese Enchiladas
Ham & Cheese Italian Sub Pickles & Chips
Low Fat Baked or Salt-Free Chips available

Black Bean Fresh Roasted Vegetables
Spanish Rice Fresh Zucchini

Ginger Cookies Raspberry Whip

MONDAY

Crab Rangoon w/ Sweet & Sour Sauce
 Soup of the Day: Curried Lentil

Teriyaki Shrimp
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 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

Seafood Salad Roll
Grilled Beef Medallions

Mashed Potatoes Cole Slaw
Stuffing Fresh Asparagus

Ice Cream Cup No Bake Cookies

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

Petite Spinach Mushroom Orange Salad
 Soup of the Day: Vegetable
Baked Haddock Sandwich with Lettuce & Tomato
Spaghetti & Meatballs

Bread Stick Garlic Roasted Broccoli
Steak Fries Cucumber Slaw

Blueberry Shortcake Rice Pudding

SATURDAY

Petite Mixed Green Salad
Soup of the Day: Tomato Basil & Rice

Philly Steak & Cheese Sub
Western Omelet

Roasted Potatoes Fresh Spinach
Blueberry Muffin Sautéed Mushrooms, Onions,
 & Peppers

Pecan Pie Lemon Lime Jell-O

Week 4: 1/9 – 1/15, 2/6 – 2 /12, 3/6 – 3/12, 4/3 – 4/9

WINTER WEEK 4 SUPPER CHOICES