

SUMMER WEEK 4 LUNCH CHOICES

SUNDAY

Shrimp Cocktail with Lemon
Soup of the Day: Clam Chowder

Prime Rib Au Jus
Baked Salmon with Mango Salsa

Butternut Squash
Mashed Potato

Fresh Asparagus
Spinach with Almonds

Ice Cream Sundae

Apple Squares

MONDAY

Assorted Grapes
Soup of the Day:
Chilled Melon Soup with Whipped Cream

American Chop Suey
Baby Spinach Salad Plate

Four Bean Salad
Mashed Sweet Potatoes

Cucumber & Tomato Salad
Brussel Sprouts

Pumpkin Cake with Cream Cheese Frosting
Raspberry Whip

TUESDAY

Petite Spinach Caesar Salad
Soup of the Day: Beef Vegetable

Linguini with Clam Sauce
Turkey Feast Wrap: Turkey, Stuffing, Cranberry Mayo,
Lettuce & Tomato

Peas
Bread Sticks

Spaghetti Squash
California Blend Veggies
Broccoli, Cauliflower, Carrots

Cherry Jell-O

Baker's Choice Dessert

WEDNESDAY

Fresh Berries & Whipped Cream
Soup of the Day: Italian Wedding

Grilled Chicken Thigh with BBQ Sauce
Grilled Italian Sausage Sub with Peppers & Onions

Pasta Salad
Corn on Cobb

Zucchini
Broccoli

Assorted Novelty Ice Cream Selection

THURSDAY

Spanakopita
Soup of the Day: Chicken Noodle

Eggplant Parmesan
Beef Stew

Rotini Pasta
Garlic Bread

Green Beans
Spinach

Pineapple Tidbits

M&M Cookies

FRIDAY

Cucumber, Onion, Dill Salad
Soup of the Day: Corn Chowder

Grilled Swordfish with Red Pepper Aioli
Cheese Pizza OR Fresh Basil & Tomato Pizza

Roasted Rosemary Red Potatoes
Rice Pilaf

Broccoli
Harvard Beets

Butterscotch Pudding

Strawberry Shortcake

SATURDAY

Fresh Fruit Cup with Cottage Cheese
Soup of the Day: Crab Bisque

Chicken Tenders Salad Plate
Panko Crusted Salmon with Soy Ginger Glaze

Wild Rice
Au Gratin Potato

Bok Choy
Key Largo Blend Vegetables
Broccoli, Yellow Carrot, Green Beans, Red Pepper

Cherry Crumble

Whoopie Pie

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

SUMMER WEEK 4 SUPPER CHOICES

SUNDAY

Petite Tossed Salad
Soup of the Day: Clam Chowder

Cranberry Walnut Chicken Salad on a Croissant
Pesto Vegetable Primavera
Tossed with Penne Pasta & Fresh Steamed Vegetables

Buttered Penne Pasta
Honey Glazed Carrots

Sauteed Radishes
Onion Rings

Pistachio Pudding

Blueberry Pie

MONDAY

Petite Chef Salad: *Swiss, Ham, Turkey, Egg & Tomato*
Soup of the Day: Chilled Melon Soup with Whipped Cream

Shepherd's Pie
Garlic Sesame Shrimp

Dinner Rolls
Wild Rice

Green Beans
Summer Squash

Peaches

Cranberry Nut Bar

TUESDAY

Cilantro Lime Cucumber Salad
Soup of the Day: Beef Vegetable

Baked Macaroni & Cheese
Chicken Pot Pie

Mashed Potato
Carrot Raisin Salad

Stewed Tomato
Roasted Fresh Veggies
Red Onion, Mushroom, Green Pepper

Ice Cream Cup

Peanut Butter Cookies

WEDNESDAY

Mediterranean Chickpea Salad
Soup of the Day: Italian Wedding

Crabmeat Roll
Baked Ham with Pineapple Sauce

Herbed Mashed Potato
Peas & Onions

Baby Carrots
Wax Beans

Rice Pudding

Key Lime Pie

THURSDAY

Petite Cobb Salad: *Egg, Bacon, Chicken, Avocado*
Soup of the Day: Chicken Noodle

Turkey Meatloaf with Gravy
Ham & Cheese Italian Sub with Pickles & Chips
Baked low fat & Salt-Free chips available

Sweet Potato Fries
Mashed Potato

Summer Squash
Watermelon Feta Mint Salad

Grape-Nut Custard

Boston Cream Pie

FRIDAY

Spinach Orange Mushroom Salad
Soup of the Day: Corn Chowder

Black Bean & Cheese Enchiladas
Grilled Tuna Salad Sandwich with Tomato & Swiss on Marble Rye
Baked low fat & Salt-Free chips available

Spanish Rice
Peas

Carrots
Cauliflower

Orange Jell-O

Baker's Choice Cookies

SATURDAY

Petite Mixed Green Salad
Soup of the Day: Crab Bisque

Sloppy Joe
Chicken Florentine

Orzo Pasta
Granny Apple Slaw

Sautéed Mushrooms
Sugar Snap Peas

Choice Ice Cream Cup

Blueberry Bar

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