

**WINTER/SPRING WEEK 2 LUNCH CHOICES**

**SUNDAY**

Fresh Berries & Cottage Cheese  
Soup of the Day: Minestrone

Prime Rib Au'Jus  
Corn Bread Stuffed Chicken Breast  
With Cranberry Sauce & Gravy

Butternut Squash  
Mashed Potato

Broccoli  
4 Way Mixed Veggies

Build Your Own Sundae  
Cherry Pie

**MONDAY**

Petite Cobb Salad  
Soup of the Day: Italian Pasta & Chickpea

Pork Tenderloin w/Gravy & Apple Sauce  
Vegetable Lasagna

Wild Rice  
Dinner Roll

Baby Spinach with Garlic Oil  
Vegetable Ratatouille

Bismarck  
Peaches

**TUESDAY**

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

Bean & Cheddar Cheese Enchiladas  
Sauteed Shrimp with Mango Salsa

Baked Potato  
Spanish Rice  
*(Green Beans, Red Pepper, Mushroom, Onion, Broccoli)*

Baby Carrots  
Japanese Blend

Raisin Spice Cookies  
Butterscotch Pudding

**WEDNESDAY**

Spanakopita  
Soup of the Day: Split Pea

Baked Cod with Fresh Lemon Wedge  
Chicken Cacciatore

Garlic Knot  
Linguini with Butter  
or Cacciatore Sauce

Bok Choy  
Asparagus

Strawberry Mousse Pie  
Tapioca Pudding

**THURSDAY**

Petite Chef Salad  
Soup of the Day: 3 Sisters Soup

Baked Eggplant Parmesan  
Baked Italian Sausage with Caramelized Onions & Peppers

Mashed Potato  
Cheese Tortellini

Spinach  
Broccoli

Mandarin Oranges  
Chocolate Cake

**FRIDAY**

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

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

Rice Pilaf  
Roasted Harvest Vegetables

Red Kale  
Brussels Sprouts

Ice Cream Cup  
Baker's Choice Cookies

**SATURDAY**

Petite Caesar Salad  
Soup of the Day: Chicken Noodle

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

Brown Bread  
Potato Pancakes

Cauliflower  
Maple Dill Carrots

Rice Pudding  
Blueberry Shortcake

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

**WINTER/SPRING WEEK 2 SUPPER CHOICES**

**SUNDAY**

Petite Spinach, Egg & Bacon Salad  
Soup of the Day: Minestrone

American Chop Suey  
Grilled Tuna Melt on Rye

Herbed Garlic Bread  
French Fries

Cole Slaw  
Carrots

Lemon Jell-O  
M & M Cookies

**MONDAY**

Petite Tossed Salad  
Soup of the Day: Italian Pasta & Chickpea

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

Macaroni Salad  
Baked Sweet Potato

Summer Squash  
Garlic Green Beans

Spice Cake  
Ambrosia

**TUESDAY**

Carrot Raisin Salad  
Soup of the Day: Veggie Chili

Clam Cakes with Tartar Sauce  
Grilled Chicken Caesar Salad Plate

Corn O'Brien  
Waffle Fries

Beet & Onion  
Roasted Brussels Sprouts

Apple Sauce  
Baker's Choice Dessert

**WEDNESDAY**

Tomato, Basil & Mozzarella  
Soup of the Day: Split Pea

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

Sweet Potato Fries  
Four Bean Salad

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

Ice Cream Cup  
Pear Pastry Square

**THURSDAY**

Kale Slaw  
Soup of the Day: 3 Sisters Soup

Beef & Bean Burritos with Salsa & Sour Cream  
Grilled Salmon with Lime Yogurt Sauce

Brown Rice  
Naan Bread

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

Peanut Butter Cookies  
Bread Pudding

**FRIDAY**

Fresh Berries & Cottage Cheese  
Soup of the Day: Potato Leek

Western Omelet  
Grilled Pastrami & Swiss on Rye

Hash Brown Patty  
Corn Muffin

Green Beans  
Cucumber Slaw

Apple Crisp  
Key Lime Pie

**SATURDAY**

Petite Mixed Green Salad  
Soup of the Day: Chicken Noodle

Chicken Tenders with Dipping Sauce  
Beef & Rice Stuffed Cabbage

Black Beans  
Waffle Fries

Granny Smith Apple Slaw  
Zucchini

Brownies  
Orange Jell-O

**Week 2: 2/16-2/22, 3/16-3/22, 4/13-4/19, 5/11-5/17**