

WINTER 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

Build Your Own Sundae

Broccoli
4 Way Mixed Veggies

Cherry Pie

MONDAY

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

Chicken Marsala
Vegetable Lasagna

Wild Rice
Bread Sticks

Bismarck

Baby Spinach with Garlic Oil
Vegetable Ratatouille

Peaches

TUESDAY

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

Bean & Cheese Enchiladas
Sauteed Shrimp with Mango Salsa

Cous Cous
Spanish Rice
(Green Beans, Red Pepper, Mushroom, Onion, Broccoli)

Raisin Spice Cookies

Baby Carrots
Japanese Blend

Butterscotch Pudding

WEDNESDAY

Spanakopita
Soup of the Day: Cream of Carrot

Baked Cod with Fresh Lemon Wedge
Chicken Cacciatore

Garlic Knot
Linguini with Butter
or Cacciatore Sauce

Strawberry Mousse Pie

Bok Choy
Asparagus

Tapioca Pudding

THURSDAY

Petite Chef Salad
Soup of the Day: Pork Vegetable

Baked Eggplant Parmesan
Grilled Pork Medallions with Caramelized Onions

Mashed Potato
Cheese Tortellini

Mandarin Oranges

Spinach
Broccoli

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

Ice Cream Cup

Red Kale
Brussels Sprouts

Baker's Choice Cookies

SATURDAY

Quinoa Salad with Greens & Feta
Soup of the Day: Chicken Noodle

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

Brown Bread
Potato Pancakes

Rice Pudding

Cauliflower
Maple Dill Carrots

Blueberry Shortcake

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

WINTER 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

Lemon Jell-O

Cole Slaw
Carrots

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

Spice Cake

Summer Squash
Garlic Green Beans

Ambrosia

TUESDAY

Carrot Raisin Salad
Soup of the Day: Veggie Chili

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

Corn O'Brien
Kettle Chips

Apple Sauce

Beet & Onion Salad
Roasted Brussels Sprouts

Baker's Choice Dessert

WEDNESDAY

Petite Caesar Salad
Soup of the Day: Cream of Carrot

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

Sweet Potato Fries
Four Bean Salad

Ice Cream Cup

Sautéed Mushrooms
California Blend Vegetables
Broccoli, Carrots, Cauliflower

Pear Pastry Square

THURSDAY

Kale Slaw
Soup of the Day: Pork Vegetable

Beef & Bean Burritos with Salsa & Sour Cream
Curry Chicken

Brown Rice
Naan Bread

Peanut Butter Cookies

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

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

Apple Crisp

Green Beans
Cucumber Slaw

Key Lime Pie

SATURDAY

Petite Mixed Green Salad
Soup of the Day: Chicken Noodle

Chicken Tenders with Dipping Sauce
Black Bean & Rice Stuffed Cabbage

Potato Salad
Waffle Fries

Brownies

Granny Smith Apple Slaw
Onion Rings

Orange Jell-O

Week 2: 12/25 - 12/31, 1/22 - 1/28, 2/19 - 2/25, 3/19 - 3/25