

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 with Onion Gravy

Mashed Potato Broccoli
French Fries Cauliflower Au Gratin

Cherry Jell-O Marble Cake

TUESDAY

Petite Caesar Salad Soup of the Day: Tomato

Baked Chicken Breast with Gravy
Spaghetti with Meat Sauce

Peas Spinach
Roasted Harvest Vegetables Sliced Carrots

Lemon Cookies Fruit Cocktail

WEDNESDAY

Baby Kale, Mandarin Orange, Red Onion & Chickpeas
Soup of the Day: Chicken Vegetable

Beer Battered Shrimp with Tartar Sauce
Baked Chicken Breast on Bun, Lettuce, Tomato, Honey Mustard

Sweet Potato Fries Sautéed Mushrooms
Baked Potato Roasted Radishes

Orange Whip Angel Cake with Strawberry

THURSDAY

Pigs in a Blanket
Soup of the Day: Creamed Butternut Squash & Apple

Chicken Florentine
Beef Medallion with Mushroom Gravy

White Rice Mashed Turnip
Steak Fries California Blend Vegetables
Broccoli, Carrots, Cauliflower

Apple Squares Vanilla Pudding

FRIDAY

Fresh Berries Soup of the Day: Clam Chowder

Crabmeat Stuffed Baked Haddock with Newburg Sauce
BBQ Chicken & Red Onion Pizza
Tomato, Fresh Basil, & Mozzarella Pizza

Roasted Butternut Squash Zucchini
Roasted Red Potato Harvard Beets

Ice Cream Cup Banana Cake

SATURDAY

Spanakopita Soup of the Day: Beef Barley

Meatloaf with Gravy
Chicken Cordon Bleu with White Sauce

Corn O'Brien Roasted Carrots
Mashed Potato 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

WINTER WEEK 3 SUPPER CHOICES

SUNDAY

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 Asparagus

Boston Cream Pie Pistachio Pudding

MONDAY

Fresh Fruit Cup with Cottage Cheese
Soup of the Day: Thai Coconut

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

Macroni Salad Beets
Rice Pilaf San Francisco Blend Veggies
Broccoli, Red Pepper, Green Bean, Yellow Carrot
Pears Baker's Choice Dessert

TUESDAY

Roasted Red Pepper Hummus with Naan Bread
Soup of the Day: Tomato

Vegetable Lasagna
Turkey B.L.T. on Wheat

Garlic Breadstick Wax Beans
French Fries Apple Slaw

Blueberry Turnover Grapenut Custard

WEDNESDAY

Petite Tossed Salad Soup of the Day: Chicken Vegetable

Baked Scallops with Crumb Topping
Tuna Salad on Croissant with Pickles & Chips
Low Fat Baked & Salt-Free Chips available

Wild Rice Roasted Vegetables
Mashed Potato Veggie Kale Blend

Chocolate Chip Cookies Ice Cream Cup

THURSDAY

Petite Greek Salad
Soup of the Day: Creamed Butternut Squash & Apple

Baked Macaroni & Cheese
Roast Pork Tenderloin Monte Carlo
Tomato, Celery, Onion, Capers, Garlic & White Wine Sauce

Peas & Carrots 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
Turkey, Ham & Swiss in French Toast with Maple Syrup
Beef & Rice Stuffed Pepper

Baked Potato Mashed Parmesan Cauliflower
Sweet Potato Fries Asparagus

Pineapple Tidbits Baker's Choice Cookies

SATURDAY

Petite Mixed Greens Salad
Soup of the Day: Beef Barley

Sloppy Joe Sandwich
Eggplant Parmesan

Cheese Tortellini Marinara Green Beans
Potato Salad Spinach

Butterscotch Pudding Blueberry Pie

Week 3: 1/1 -1/7, 1/29 – 2/4, 2/26 – 3/ 4, 3/26 – 4/1