

## 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: Lentil

Crab Stuffed Haddock with 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

Baby Kale with Mandarin Orange, Red Onion & Chickpeas  
Soup of the Day: Corn Chowder

Swedish Meatballs  
Panko Pesto Salmon

Bowtie Pasta w/ Butter    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

Ginger Bread Cake

Bread Pudding

### FRIDAY

Crackers & Smoked Gouda Cheese  
Soup of the Day: Vegetable

Baked Scallops with Crumb Topping  
Broccoli & Olive Pizza  
Sausage & Red Pepper 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

Baked Beans & Franks with Red Relish  
Grilled Pork Medallions with Apple Sauce

Brown Bread    Cole Slaw  
Potato Pancakes    Green Beans

Cranberry Crisp

Mud Bars

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

## WINTER WEEK 4 SUPPER CHOICES

### 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 Beans  
Spanish Rice

Roasted Vegetables  
Zucchini

Ginger Cookies

Raspberry Whip

### MONDAY

Vegetable Egg Roll w/ Sweet & Sour Sauce  
Soup of the Day: Lentil

Teriyaki Shrimp  
Shepherd's Pie

Brown Rice  
Peas & Onions

Sautéed Bok Choy  
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  
Baked Potato

Maple Dill Carrots  
Sautéed Mushrooms

Tapioca Pudding

Lemon Meringue Pie

### WEDNESDAY

Petite Cobb Salad

Soup of the Day: Corn Chowder

Fresh Crab Roll  
Grilled Beef Medallions

Mashed Potatoes  
Stuffing

Cole Slaw  
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  
Hash Brown Potato

Apple Slaw  
Roasted Vegetables

Whoopie Pie

Peaches

### FRIDAY

Petite Spinach Mushroom Orange Salad  
Soup of the Day: Vegetable

Baked Haddock Sandwich with Lettuce & Tomato  
Spaghetti & Meatballs

Garlic Knot  
Steak Fries

Roasted Broccoli  
Cucumber Slaw

Blueberry Shortcake

Rice Pudding

### SATURDAY

Quinoa Salad with Greens & Feta  
Soup of the Day: Tomato Basil & Rice

Philly Steak & Cheese Sub  
Western Omelet

Homefried Potatoes  
Blueberry Muffin

Spinach  
Sautéed Mushrooms, Onions,  
& Peppers

Pecan Pie

Lemon Lime Jell-O

Week 4: 1/8 -1/14, 2/5- 2/11, 3/5 -3/11, 4/2 – 4/8