

SUMMER WEEK 3 LUNCH CHOICES**SUNDAY**

Crab Stuffed Mushrooms
 Soup of the Day: Beef Barley

Carved Ham with Pineapple Sauce
 Herbed Chicken Leg with Gravy & Cranberry Sauce

Peas Asparagust
 Baked Sweet Potato Honey Glazed Carrots

Ice Cream Sundae Cherry Pie

MONDAY

Petite Caesar Salad
 Soup of the Day: Minestrone

Meatloaf & Gravy
 Seafood Cioppino, *Shrimp & Scallops in spicy red sauce*

Baked Potato & Sour Cream Baby Spinach
 Penne Pasta Spicy Marinara Green Beans

Chocolate Cake with Chocolate Frosting
 Strawberry Jell-O

TUESDAY

Spinach Orange Mushroom Salad
 Soup of the Day: Thai Coconut Vegetable

Grilled Beef Medallion
 Summer Salad Plate: Tuna Salad
 on bed of Lettuce with Cucumber, Tomato & Onion

Mashed Potato Harvard Beets
 Cold Sesame Noodles Kale Slaw

Orange Whip Blueberry Shortcake

WEDNESDAY

Pesto Cucumber, Tomato & Mozzarella Salad
 Soup of the Day: Chilled Strawberry

Grilled Sirloin Steak
 Grilled Pork Medallions

Corn on the Cobb Zucchini
 Roasted Rosemary Sautéed Mushrooms
 Red Potatoes

Assorted Novelty Ice Cream Selection

THURSDAY

Fresh Berries with Whip Cream
 Soup of the Day: Apple & Butternut Squash

Veal Roast with Gravy
 Caribbean Mango Chicken Leg

Peas Sliced Beets
 Baked Sweet Potato Cauliflower

Tapioca Pudding Brownie

FRIDAY

Crackers & Cheese or Soup of the Day: Pork & Rice

Baked Cod with Crumb Topping
 Pepperoni OR Pepper Onion & Mushroom Pizza

Spanish Rice Sliced Carrots
 Baked Potato Wedges Summer Squash

Pears Baker's Choice Cookies

SATURDAY

Feta Spinach Orange Olive Walnut Salad
 Soup of the Day: Spinach Tortellini

Ham & Cheese Italian Sub with Pickle & Chips
 Vegetable Quiche

Baby Carrots Veggie Kale Blend
 Waffle Fries Summer Ratatouille

Mandarin Oranges Blueberry Turnover

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

SUMMER WEEK 3 SUPPER CHOICES**SUNDAY**

Petite Mixed Green Salad
 Soup of the Day: Beef Barley

Maine Shrimp Roll
 Turkey Burger with Lettuce & Tomato Pickles & Chips

Waffle Fries Broccoli
 Corn Kale Slaw

Vanilla Pudding Chocolate Chip Cookies

MONDAY

Sliced Watermelon
 Soup of the Day: Minestrone

Roast Pork Tenderloin with Gravy & Applesauce
 Chicken Tenders with Dipping Sauce
 (BBQ,Ranch/Sweet & Sour,Honey Mustard,Bleu Cheese)

Wild Rice Stewed Tomatoes
 Macaroni Salad Onion Rings

Fruit Cocktail Baker's Choice Dessert

TUESDAY

Red Bean, Feta & Pepper Salad
 Soup of the Day: Thai Coconut Vegetable

Salisbury Steak with Gravy
 Chicken Parmesan Sandwich

Oven Fries Cucumber Slaw
 Butternut Squash Mashed Turnip

Ice Cream Cup Best Ever Cookies

WEDNESDAY

Bacon Wrapped Scallops
 Soup of the Day: Chilled Strawberry

Egg Salad on Onion Roll with Lettuce & Tomato
 Three Cheese Lasagna

Breadstick Parmesan Broccoli
 Potato Salad Summer Squash

Caramel Custard Carrot Cake

THURSDAY

Mediterranean Chickpea Salad
 Soup of the Day: Apple & Butternut Squash

Fried Clam Strips with Tartar Sauce
 Roast Turkey with Gravy & Cranberry Sauce

Corn O'Brien Spinach
 Mashed Potato Cole Slaw

Apple Crisp Crème Horn

FRIDAY

Petite Chef Salad
 Soup of the Day: Pork & Rice
Iceberg, Swiss, Ham, Turkey, Egg, Tomato

Shrimp Scampi with Linguini
 Grilled Pastrami & Swiss on Rye, Pickles & Chips
Baked low fat & Salt-Free chips available

Potato Pancakes Oven Roasted Vegetables
 Linguini in Garlic Oil Green Beans

Cherry Jell-O Lemon Meringue Pie

SATURDAY

Egg Rolls
 Soup of the Day: Spinach Tortellini

Roasted Chicken & Mushrooms
 Frank & Beans with Red Relish

White Rice Oriental Mix Vegetables
 Brown Bread Wax Beans

Choice Ice Cream Cup Banana Cake

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

SUMMER WEEK 3: JULY 16TH – JULY 22ND, AUGUST 13TH – AUGUST 19TH, SEPTEMBER 10TH – SEPTEMBER 16TH