

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
BBQ Ribs	
Spaghetti with Meat Sauce	
Corn On the Cob	Spinach
Smashed Red Potato	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	
Chicken Pot Pie	
Sweet Potato Fries	Sautéed Mushrooms
Baked Potato	Pearl Onions
Orange Whip	Angel Cake with Strawberries

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	
Pepperoni 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
Sloppy Joe Sandwich	
Chicken Cordon Bleu with White Sauce	
Corn O’Brien	Roasted Carrots
Potato Salad	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
Pears	Broccoli, Red Pepper, Green Bean, Yellow Carrot
	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	
Egg 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 with Mustard Sauce	
Peas & Carrots	Spinach
Yams	Stewed Tomatoes
Raspberry Fold Up Pastry	Chocolate-Cherry Crumble

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
Meatloaf with Gravy	
Eggplant Parmesan	
Cheese Tortellini Marinara	Green Beans
Mashed Potato	Spinach
Butterscotch Pudding	Blueberry Pie

Week 3: 12/31-1/6, 1/28-2/3, 2/25-3/2, 3/24-3/30