

WINTER WEEK 4 LUNCH CHOICES

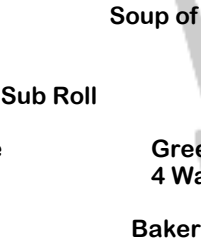
SUNDAY

Bacon Wrapped Scallops		Soup of the Day: Split Pea	
Prime Rib Au Jus			
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			
Kettle Chips		Green Beans	
		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		
Pepperoni 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: Split Pea
Cheese Enchiladas	
Ham & Cheese Italian Sub Pickles & Chips	
Low Fat Baked or Salt-Free Chips available	
Black Beans	Roasted Vegetables
Spanish Rice	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	Sautéed Bok Choy		
Peas & Red Onion	Stir Fry Blend Veggies		
<i>Water Chestnut, Green Beans, Carrot, Pea Pod</i>			
Blueberry Cake		Chocolate Pudding	

TUESDAY

Petite Tossed Salad		<u>Soup of the Day: Minestrone</u>	
Stuffed Shells with Meat Sauce			
Shake & Bake Chicken		Cranberry Sauce & Gravy	
Garlic Bread Stick		Maple Dill Carrots	
Baked Potato		Sauteed Mushrooms	
Tapioca Pudding		Lemon Meringue Pie	

WEDNESDAY

Petite Cobb Salad		Soup of the Day: Corn Chowder	
Fresh Crab Roll			
Grilled Beef Medallions			
Mashed Potatoes	Cole Slaw		
Stuffing	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	Apple Slaw
Hash Brown Potato	Roasted Vegetables
Whoopie Pie	Peaches

FRIDAY

Petite Spinach Mushroom Orange Salad		Soup of the Day: Vegetable	
Blackened Haddock			
Spaghetti & Meatballs			
Garlic Knot	Roasted Broccoli		
Steak Fries	Cucumber Slaw		
Blueberry Shortcake		Rice Pudding	

SATURDAY

Tomato, Basil Mozzarella Salad			
Soup of the Day: Tomato Basil & Rice			
Philly Steak & Cheese Sub			
Western Omelet			
Roasted Baby Red Potato	Spinach		
Blueberry Muffin	Sautéed Mushrooms, Onions, & Peppers		
Pecan Pie		Lemon Lime Jell-O	

Week 4: 1/7-1/13, 2/4-2/10, 3/3-3/9, 3/31-4/6