

**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  
 Baked Sweet Potato Asparagus  
 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  
 Penne Pasta Spicy Marinara Baby Spinach  
 Green Beans

Chocolate Cake with Chocolate Frosting  
 Strawberry Jell-O

**TUESDAY**

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

Honey Barbeque Chicken Wings  
 Summer Salad Plate: Tuna Salad  
 on bed of Lettuce with Cucumber, Tomato & Onion

Mashed Potato  
 Cold Sesame Noodles Harvard Beets  
 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  
 Roasted Rosemary Red Potatoes Zucchini  
 Sautéed Mushrooms

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  
 Baked Sweet Potato Sliced Beets  
 Cauliflower

Tapioca Pudding  
 Brownie

**FRIDAY**

Crackers & Cheese or Soup of the Day: Corn Chowder

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

Spanish Rice  
 Baked Potato Wedges Sliced Carrots  
 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  
 Waffle Fries Veggie Kale Blend  
 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  
 Corn Broccoli  
 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  
 Macaroni Salad Stewed Tomatoes  
 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  
 Butternut Squash Cucumber Slaw  
 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

Dinner Roll  
 Potato Salad Parmesan Broccoli  
 Summer Squash

Caramel Custard  
 Carrot Cake

**THURSDAY**

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

Fried Haddock with Tartar Sauce  
 Roast Turkey with Gravy & Cranberry Sauce

Corn O'Brien  
 Mashed Potato Spinach  
 Cole Slaw

Apple Crisp  
 Crème Horn

**FRIDAY**

Petite Chef Salad  
 Soup of the Day: Corn Chowder  
*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  
 Linguini in Garlic Oil Oven Roasted Vegetables  
 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  
 Brown Bread Oriental Mix Vegetables  
 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 14 – 20, AUGUST 11 – 17, SEPTEMBER 8 – 14, OCTOBER 6 -12