

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	Asparagus
Baked Sweet Potato	Honey Glazed Carrots
Ice Cream Sundae	Cherry Pie

MONDAY	
Petite Beet & Goat Cheese Salad	Soup of the Day: Minestrone
Meatloaf & Gravy Seafood Cioppino, <i>Shrimp & Scallops in spicy red sauce</i>	
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
Honey Barbeque Chicken Wings 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	Soup of the Day: Corn Chowder
Baked Cod with Crumb Topping Grilled Pastrami & Swiss on Rye, Pickles & Chips <i>Baked low fat & Salt-Free chips available</i>	
Spanish Rice	Sliced Carrots
Potato Pancakes	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 Broccoli & Red Pepper 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
Shredded Beef Quesadilla Chicken Parmesan Sandwich	
Oven Fries	Cucumber Slaw
Butternut Squash	Mashed Turnip
Ice Cream Cup	Best Ever Cookies

WEDNESDAY	
Red Pepper Hummus & Naan	Soup of the Day: Chilled Strawberry
Turkey B.L.T. on Onion Roll with Lettuce & Tomato Three Cheese Lasagna	
Dinner Roll	Parmesan Broccoli
Potato Salad	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	Spinach
Mashed Potato	Cole Slaw
Apple Crisp	Crème Horn

FRIDAY	
Petite Chef Salad	Soup of the Day: Corn Chowder <i>Iceberg, Swiss, Ham, Turkey, Egg, Tomato</i>
Pepperoni OR Pepper Onion & Mushroom Pizza Shrimp Scampi with Linguine	
Baked Potato Wedges	Oven Roasted Vegetables
Linguini in Garlic Oil	Green Beans
Cherry Jell-O	Lemon Meringue Pie

SATURDAY	
Egg Rolls	Soup of the Day: Spinach Tortellini
Garlic 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: JUNE 15th – 21st, JULY 13th – 19th, AUGUST 10th -16th, SEPTEMBER 7th – 13th