

SUMMER WEEK 4 LUNCH CHOICES	
SUNDAY	
Shrimp Cocktail with Lemon	Soup of the Day: Clam Chowder
Prime Rib Au Jus	
Baked Salmon with Mango Salsa	
Butternut Squash	Fresh Asparagus
Mashed Potato	Spinach with Almonds
Ice Cream Sundae	Apple Squares

MONDAY	
Assorted Grapes	Soup of the Day:
	Chilled Melon Soup with Whipped Cream
American Chop Suey	
Baby Spinach Salad Plate	
Lima Beans	Cucumber & Tomato Salad
Mashed Sweet Potatoes	Brussel Sprouts
Pumpkin Cake	Raspberry Whip
with Cream Cheese Frosting	

TUESDAY	
Petite Spinach Caesar Salad	Soup of the Day: Beef Vegetable
Linguini with Clam Sauce	
Turkey Feast Wrap: Turkey, Stuffing, Cranberry Mayo,	
	Lettuce & Tomato
Peas	Spaghetti Squash
Bread Sticks	California Blend Veggies
	<i>Broccoli, Cauliflower, Carrots</i>
Cherry Jell-O	Baker’s Choice

WEDNESDAY	
Fresh Berries & Whipped Cream	Soup of the Day: Italian Wedding
Grilled Chicken Thigh with BBQ Sauce	
Grilled Italian Sausage Sub with Peppers & Onions	
Pasta Salad	Zucchini
Corn on Cobb	Broccoli
Assorted Novelty Ice Cream Selection	

THURSDAY	
Spanakopita	Soup of the Day: Chicken Noodle
Eggplant Parmesan	
Beef Stew	
Rotini Pasta	Green Beans
Garlic Bread	Spinach
Pineapple Tidbits	M&M Cookies

FRIDAY	
Petite Caesar Salad	Soup of the Day: Corn Chowder
Grilled Swordfish with Red Pepper Aioli	
Cheese Pizza OR Fresh Basil & Tomato Pizza	
Roasted Rosemary Red Potatoes	Broccoli
Rice Pilaf	Harvard Beets
Butterscotch Pudding	Strawberry Shortcake

SATURDAY	
Fresh Fruit Cup with Cottage Cheese	Soup of the Day: Crab Bisque
Chicken Tenders Salad Plate	
Panko Crusted Salmon with Soy Ginger Glaze	
Wild Rice	Bok Choy
Au Gratin Potato	Key Largo Blend Vegetables
	<i>Broccoli, Yellow Carrot, Green Beans, Red Pepper</i>
Cherry Crumble	Whoopie Pie

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

SUMMER WEEK 4 SUPPER CHOICES	
SUNDAY	
Petite Tossed Salad	Soup of the Day: Clam Chowder
Cranberry Walnut Chicken Salad on a Croissant	
Italian Sausage & Vegetable Primavera	
	<i>Tossed with Penne Pasta & Fresh Steamed Vegetables</i>
Buttered Penne Pasta	Roasted Cauliflower
Honey Glazed Carrots	Onion Rings
Pistachio Pudding	Blueberry Pie

MONDAY	
Petite Chef Salad: <i>Swiss,Ham,Turkey,Egg & Tomato</i>	Soup of the Day: Chilled Melon Soup with Whipped Cream
Shepherd’s Pie	
Orange Shrimp	
Dinner Rolls	Green Beans
Wild Rice	Summer Squash
Peaches	Cranberry Nut Bar

TUESDAY	
Cilantro Lime Cucumber Salad	Soup of the Day: Beef Vegetable
Baked Macaroni & Cheese	
Chicken Pot Pie	
Mashed Potato	Stewed Tomato
Carrot Raisin Salad	Roasted Fresh Veggies
	<i>Red Onion, Mushroom,Green Pepper</i>
Ice Cream Cup	Peanut Butter Cookies

WEDNESDAY	
Mediterranean Chickpea Salad	Soup of the Day: Italian Wedding
Crabmeat Cobb Salad	
Baked Ham with Pineapple Sauce	
Herbed Mashed Potato	Baby Carrots
Peas & Onions	Wax Beans
Rice Pudding	Key Lime Pie

THURSDAY	
Petite Cobb Salad: <i>Egg, Bacon, Chicken, Avocado</i>	Soup of the Day: Chicken Noodle
Turkey Meatloaf with Gravy	
Ham & Cheese Italian Sub with Pickles & Chips	
	<i>Baked low fat & Salt-Free chips available</i>
Sweet Potato Fries	Summer Squash
Mashed Potato	Watermelon Feta Mint Salad
Grape-Nut Custard	Boston Cream Pie

FRIDAY	
Spinach Orange Mushroom Salad	Soup of the Day: Corn Chowder
Black Bean & Cheese Enchiladas	
Grilled Tuna Salad Sandwich with Tomato & Swiss on Marble Rye	
	<i>Baked low fat & Salt-Free chips available</i>
Spanish Rice	Carrots
Peas	Cauliflower
Orange Jell-O	Baker’s Choice Cookies

SATURDAY	
Petite Mixed Green Salad	Soup of the Day: Crab Bisque
Sloppy Joe	
Chicken Florentine	
Orzo Pasta	Sautéed Mushrooms
Granny Apple Slaw	Sugar Snap Peas
Choice Ice Cream Cup	BlueberryBar

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