

## **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  
*Broccoli, Cauliflower, Carrots*

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**

Celery & Cucumber Sticks with Onion Dip  
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  
*Broccoli, Yellow Carrot, Green Beans, Red Pepper*

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 Garden Salad      Soup of the Day: Clam Chowder  
Cranberry Walnut Chicken Salad on a Croissant  
White Bean & Vegetable Primavera  
*Tossed with Penne Pasta*

Buttered Penne Pasta                      Roasted Cauliflower  
Honey Glazed Carrots                      Onion Rings

Pistachio Pudding                      Blueberry Pie

---

### **MONDAY**

Petite Chef Salad: *Swiss, Ham, Turkey, Egg & Tomato*  
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  
*Red Onion, Mushroom, Green Pepper*

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**

Watermelon Feta Mint Salad  
Soup of the Day: Chicken Noodle  
Turkey Meatloaf with Gravy  
Ham & Cheese Italian Sub with Pickles & Chips  
*Baked low fat & Salt-Free chips available*

Sweet Potato Fries                      Summer Squash  
Mashed Potato                      Braised Red Cabbage

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  
*Baked low fat & Salt-Free chips available*

Spanish Rice                      Carrots  
Peas                      Cauliflower

Orange Jell-O                      Baker's Choice Cookies

---

### **SATURDAY**

Mango Lime Quinoa      Soup of the Day: Crab Bisque

Sloppy Joe  
Shrimp Florentine

Orzo Pasta                      Sautéed Mushrooms  
Granny Apple Slaw                      Sugar Snap Peas

Choice Ice Cream Cup                      Blueberry Bar

---

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