

SUMMER WEEK 1 LUNCH CHOICES

SUNDAY

Crab Cake with Garlic Aioli
Soup of the Day: Potato Leek

Roast Turkey with Gravy & Cranberry Sauce
Maple Dijon Baked Ham

Bread Stuffing
Mashed Sweet Potato

Asparagus
Baby Carrots

Ice Cream Sundae
Almond Cookies

MONDAY

Red Pepper Hummus with Naan Bread
Soup of the Day: Vegetable

Chicken Thigh with Pesto Cream Sauce
Sweet & Sour Meatballs

Egg Noodles
Mashed Potato

Green Beans
Veggie Kale Blend

Mandarin Oranges
Baker's Choice

TUESDAY

Spanakopita
Soup of the Day: Chicken Rice

Hamburger or Veggie Burger with Lettuce & Tomato
Baby Shrimp Alfredo

Linguini Pasta with Alfredo Sauce
Sweet Potato Fries

Snap Peas
Capri Blend Veggies
Zucchini, Squash, Carrot, Green Beans

Vanilla Custard
Brownies

WEDNESDAY

Seasonal Fresh Fruit with Cottage Cheese
Soup of the Day: Chilled Strawberry

Grilled Chicken Sausage with Peppers & Onions on a Bun
BBQ Baby Back Ribs

Corn on the Cobb
Red Bliss Potato Salad

Cauliflower
Summer Squash

Assorted Novelty Ice Cream Selection

THURSDAY

Red Bean Salad with Feta Cheese & Peppers
Soup of the Day: Beef Barley

Chicken Cordon Bleu with White Sauce
Salmon Caesar Salad

Peas
Mashed Sweet Potato

Broccoli
Honey Glazed Carrots

Banana Cream Pie
Ambrosia

FRIDAY

Crackers & Cheese
Soup of the Day: Moroccan Vegetable

Artichoke & Feta Quiche
Pulled BBQ Pork Sandwich

Rice Pilaf
Baked Potato

Summer Ratatouille
California Blend Veggies
Broccoli, Carrots, Cauliflower

Peach Pie
Raspberry Jell-O w/ Fruit Cocktail

SATURDAY

Carrots & Celery with Onion Dip
Soup of the Day: Vegetable Chili

Chicken Cacciatore
Beer Battered Shrimp with Tartar Sauce

Penne Pasta
Potato Pancakes

Zucchini
Cole Slaw

Apricot
Lemon Cupcake

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

SUMMER WEEK 1 SUPPER CHOICES

SUNDAY

Spinach Mushroom Orange Salad
Soup of the Day: Potato Leek

Baby Shrimp & Sausage Jambalaya
Grilled Pork Tenderloin Medallions with Apple Sauce

White Rice
Baked Potato Wedges

Broccoli
Japanese Blend Veg
Mushroom, Onion, Broccoli, Beans, Red Pepper

Apple Pie
Chocolate Pudding

MONDAY

Pigs in a Blanket
Soup of the Day: Vegetable

Cheddar, Tomato & Spinach Scramble
Roast Beef & Swiss Sub with Lettuce & Tomato
Pickle & Chips Baked low fat & Salt-Free chips available

Macaroni Salad
Croissant

Summer Squash
Mushrooms with Thyme & Garlic

Strawberry Shortcake
Oatmeal Cookie

TUESDAY

Mediterranean Chickpea Salad
Soup of the Day: Chicken Rice

Shepherd's Pie
Vegetable Lasagna

Garlic Knot
Peas

Broccoli with Red Pepper
Sliced Carrots

Choice Ice Cream Cup
Blueberry Turnover

WEDNESDAY

Petite Cobb Salad
Soup of the Day: Chilled Strawberry

Fried Haddock with Tartar Sauce
Liver & Onions

French Fries
Mashed Potato

Apple Slaw
Beets

Marble Cake with Chocolate Frosting
Pear Crisp

THURSDAY

Tomato Basil Mozzarella Salad
Soup of the Day: Beef Barley

Eggplant Parmesan
Shredded Steak Quesadilla

Spanish Rice
Cheese Tortellini with Marinara

Wax Beans
Roasted Veggies

Blonde Brownie
Pistachio Pudding

FRIDAY

Petite Strawberry Spinach Salad with Feta & Red Onion
Soup of the Day: Moroccan Vegetable

Teriyaki Grilled Chicken Breast
Pepperoni OR Spinach, Red Pepper & Onion Pizza

Sweet Potato Fries
Cold Sesame Noodles

Spinach Sautéed with Garlic Oil
Broccoli

Apple Sauce
Baker's Choice Cookies

SATURDAY

Sliced Watermelon
Soup of the Day: Vegetable Chili

Baked Macaroni & Cheese
Tuna Spinach Cobb Salad Plate

Stewed Tomato
Waffle Fries

Veggie Kale Blend
Pesto Cucumber, Tomato & Mozzarella Salad

Choice Ice Cream Cup
Bismark

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all Ice Cream has Lactose-Free option