

## 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

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### MONDAY

Petite Beet & Goat Cheese Salad      Soup of the Day: Minestrone  
Meatloaf & Gravy  
Seafood Cioppino, *Shrimp & Scallops in spicy red sauce*  
Baked Potato & Sour Cream      Baby Spinach  
Penne Pasta Spicy Marinara      Green Beans  
Chocolate Cake with Chocolate Frosting      Strawberry Jell-O

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### TUESDAY

Spinach Orange Mushroom Salad      Soup of the Day: Moroccan 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

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### 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

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### 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      Cucumber Slaw  
Tapioca Pudding      Brownie

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### FRIDAY

Crackers & Cheese      Soup of the Day: Corn Chowder  
Baked Cod with Crumb Topping  
Ground Beef Taco Salad Plate  
Spanish Rice      Sliced Carrots  
Potato Pancakes      Summer Squash  
Pears      Baker's Choice Cookies

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### 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 Spinach Tossed 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

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### 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

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### TUESDAY

Red Bean, Feta & Pepper Salad      Soup of the Day: Moroccan Vegetable  
Shredded Beef Quesadilla  
Chicken Parmesan Sandwich  
Black Beans with Scallion      Roasted Cumin Cauliflower  
Spaghetti Squash      Mashed Turnip  
Ice Cream Cup      Best Ever Cookies

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### 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

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### 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

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### FRIDAY

Petite Chef Salad      Soup of the Day: Corn Chowder  
*Iceberg, Swiss, Ham, Turkey, Egg, Tomato*  
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

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### 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 14-JUNE 20, JULY 12- JULY 18, AUGUST 9- AUGUST 15, SEPTEMBER 6-SEPTEMBER 12