

WINTER MENU WEEK 1

DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	ORANGE JUICE OATMEAL FRITTATA CINNAMON BUN	ORANGE JUICE CREAM OF WHEAT EGG & SAUSAGE MC MUFFIN	ORANGE JUICE CREAM OF RICE PANCAKES SYRUP BACON	ORANGE JUICE OATMEAL SCRAMBLED EGGS PUMPKIN MUFFIN	ORANGE JUICE GRITS HARD BOILED EGG HASH BROWN	ORANGE JUICE OATMEAL FRENCH TOAST SYRUP BACON	ORANGE JUICE FARINA EGG AND CHEESE STRATA SAUSAGE
L U N C H	NAVY BEAN SOUP BRAISED BEEF POT ROAST MASHED POTATOES CHOPPED SPINACH ASSORTED PIE	WINTER SQUASH VEGETABLE SOUP HAM W/ BROWN SUGAR GLAZE BAKED SWEET POTATO CAULIFLOWER PUDDING	BEEF VEGETABLES SOUP VEAL SALTIMBOCCA BROWN RICE ROASTED EGGPLANT AND ZUCCHINI RICE PUDDING	FIVE BEAN SOUP SHRIMP WITH TORTELLINI ALFREDO BROCCOLI FLORETS RED VELVET CAKE	CREAM OF CAULIFLOWER SOUP TURKEY WITH STUFFING FRESH GREEN BEANS APPLE CRISP	MANHATTAN CLAM CHOWDER CHICKEN CACCIATORE CARROTS YELLOW RICE VALENTINES DESSERT	MUSHROOM BARLEY SOUP BEEF STROGANOFF EGG NOODLES COLLARD GREENS CHOCOLATE CHIP COOKIES
D I N N E R	CHICKEN BOWTIE ALFREDO GREEN BEANS DICED PEARS	FISH AND CHIPS COLESLAW FRUIT COCKTAIL ALT: GREEN BEANS	OVEN FRIED CHICKEN LEG OVEN ROASTED POTATOES ROASTED YELLOW SQUASH DICED PEACHES	SALISBURY STEAK MASHED POTATOES GREEN PEAS MANDARIN ORANGES	BEEF BOLOGNESE PASTA SPINACH GARLIC BREAD FRESH FRUIT	MAC AND CHEESE TOSSED SALAD TROPICAL FRUIT ALT: ROASTED ZUCCHINI	MEATLOAF WITH GRAVY MASHED POTATOES ROASTED VEGETABLES PINEAPPLE
S O D A L T	<i>BOLOGNA ON RYE W/ LETTUCE, TOMATO & ONION MUSTARD</i> <i>CHICKEN POT PIE</i>	ROAST BEEF ON A HOAGIE W/ AMERICAN CHEESE LETTUCE & TOMATO FRIED CHICKEN TENDERS W/ FRIES	HAM & SWISS ON WHOLE WHEAT W/ LETTUCE, TOMATO & ONION HAMBURGER W/ LETT, TOM,PICKLE ONION FRENCH FRIES	SALAMI AND PROVOLONE ON SOFT ROLL FRUIT CUP PIZZA VEGETABLE	SEAFOOD SALAD ON A ROLL W/LETTUCE & TOMATO SPAGHETTI AND MEATBALLS VEGETABLES	EGG SALAD ON WHOLE WHEAT W/ LETTUCE & TOMATO COD NUGGETS FRIES KETCHUP TARTAR SAUCE	TURKEY ON WHITE LETTUCE, TOMATO & ONION CORNED BEEF MELT ON RYE W/ COLESLAW.

****Available Every Meal: PB&J, Grilled Cheese, American Cheese Sandwich, Cottage Cheese and Fruit Plate. ** Milk , coffee, tea & Margarine served at all meals. REV 2/7/19**

****All gravies and sauces are low salt. All cold cuts (except Salami & Liverwurst) are low fat and sodium. All salads (chx, egg, tuna) are made with low fat mayo**

WINTER MENU WEEK 2

DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	ORANGE JUICE OATMEAL FRITTATA CINNAMON BUN	ORANGE JUICE CREAM OF WHEAT EGG & SAUSAGE MC MUFFIN	ORANGE JUICE CREAM OF RICE PANCAKES/SYRUP BACON	ORANGE JUICE OATMEAL SCRAMBLED EGG CRANBERRY ORANGE MUFFIN	ORANGE JUICE GRITS HARD BOILED EGGS CORNER BEEF HASH	ORANGE JUICE OATMEAL FRENCH TOAST SYRUP BACON	ORANGE JUICE FARINA EGG AND CHEESE STRATA SAUSAGE
L U N C H	BUTTERNUT APPLE SOUP MEATBALL PARMESAN HERO SPINACH ASSORTED PIE	CREAM OF SPINACH SOUP SWEDISH MEATBALLS NOODLES CAULIFLOWER AU GRATIN PUDDING	PASTA FAGGIOLI KIELBASA WITH KRAUT PIEROGIE ROASTED EGGPLANT ZUCCHINI RICE PUDDING	BLACK BEAN SOUP COQ AU VIN ORZO BROCCOLI LEMON CAKE	SWEET POTATO BISQUE SHRIMP NEWBURG BOWTIES GREEN BEANS BREAD PUDDING	NEW ENGLAND CLAM CHOWDER FILET TIPS MARSALA RISOTTO CARROTS ICE CREAM	CREAM OF BROCCOLI TOMATO BRAISED CHICKEN THIGHS BROWN RICE COLLARD GREENS OATMEAL COOKIES
D I N N E R	BONELESS PORK RIBS SWEET POTATO FRIES PINEAPPLE COLE SLAW PEAR ALT GREEN BEANS	TERIYAKI CHICKEN RICE GREEN BEANS FRUIT COCKTAIL	SHEPHERD'S PIE YELLOW SQUASH PEACHES	ROAST BEEF BAKED POTATO PEAS MANDARIN ORANGES	CHICKEN CORDON BLEU ROASTED POTATOES SPINACH FRESH FRUIT	MEAT LASAGNA TOSSED SALAD TROPICAL FRUIT ALT: ROASTED ZUCCHINI	GARLIC HERB PORK LOIN BAKED POTATO ROASTED VEGETABLES PINEAPPLE
S O D A L T	<i>BOLOGNA ON RYE W/ LETTUCE, TOMATO & ONION MUSTARD</i> <i>CHICKEN POT PIE</i>	ROAST BEEF ON A HOAGIE W/ AMERICAN CHEESE LETTUCE & TOMATO FRIED CHICKEN TENDERS W/ FRIES	HAM & SWISS ON WHOLE WHEAT W/ LETTUCE, TOMATO & ONION HAMBURGER W/ LETT, TOM, PICKLE & ONION FRENCH FRIES	SALAMI AND PROVOLONE ON SOFT ROLL FRUIT CUP PIZZA VEGETABLE	SEAFOOD SALAD ON A ROLL W/LETTUCE & TOMATO SPAGHETTI AND MEATBALLS VEGETABLES	EGG SALAD ON WHOLE WHEAT W/ LETTUCE & TOMATO COD NUGGETS FRIES KETCHUP TARTAR SAUCE	TURKEY ON WHITE LETTUCE, TOMATO & ONION CORNED BEEF MELT ON RYE W/ COLESLAW..

****Available Every Meal: PB&J, Grilled Cheese, American Cheese Sandwich, Cottage Cheese and Fruit Plate. **Milk, coffee, tea & Margarine served at all meals. REV 11/23/19**

****All gravies and sauces are low salt. All cold cuts (except Salami & Liverwurst) are low fat and sodium. All salads (chx, egg, tuna) are made with low fat mayo**

WINTER MENU WEEK 3

DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	ORANGE JUICE OATMEAL FRITTATA CINNAMON BUN	ORANGE JUICE CREAM OF WHEAT EGG & SAUSAGE MC MUFFIN	ORANGE JUICE CREAM OF RICE PANCAKES/SYRUP BACON	ORANGE JUICE OATMEAL SCRAMBLED EGG CHOC. CHIP MUFFIN	ORANGE JUICE GRITS HARD-BOILED EGGS HOME FRIES	ORANGE JUICE OATMEAL FRENCH TOAST SYRUP BACON	ORANGE JUICE FARINA EGG AND CHEESE STRATA SAUSAGE
L U N C H	ITALIAN WEDDING SOUP CARIBBEAN CHICKEN PINEAPPLE FRIED RICE SPINACH ASSORTED PIE	CARROT GINGER SOUP PARMESAN CRUSTED TILAPIA ROASTED RED POTATOES CAULIFLOWER AU GRATIN CHOCOLATE PUDDING	TURKEY NOODLE SOUP MONGOLIAN BEEF BROWN RICE TOASTED EGGPLANT, ZUCCHINI RICE PUDDING	LENTIL SPINACH SOUP BRAISED ASIAN PORK WHITE RICE BROCCOLI CHOCOLATE CAKE	TOMATO BISQUE EGGPLANT ROLLATINI PENNE TOMATO SAUCE GREEN BEANS BREAD PUDDING	CREAM OF ASPARAGUS BEEF BURGER, CHEESE BUN W/ LETT, TOM, ONION & PICKLES POTATO WEDGES ICE CREAM ALT: CARROTS	VEGETABLE RICE SAUSAGE PIZZA COLLARD GREENS SUGAR COOKIES
D I N N E R	BEEF CHILI CORN BREAD MIX VEGETABLES PEARS	BREADED COUNTRY PORK CHOPS SWEET POTATO GREEN BEANS FRUIT COCKTAIL	CHICKEN MARSALA ORZO ROASTED YELLOW SQUASH PEACHES	GNOCCHI WITH GRILLED CHICKEN VODKA SAUCE PEAS MANDARIN ORANGES	BRAISED BEEF TIPS SPINACH EGG NOODLES FRESH FRUIT	MANICOTTI WITH MARINARA TOSSED SALAD TROPICAL FRUIT ALT: ROASTED ZUCCHINI	SWEET AND SOUR SHRIMP WHITE RICE CARROTS PINEAPPLE
S O D A L T	<i>BOLOGNA ON RYE W/ LETTUCE, TOMATO & ONION MUSTARD</i> <i>CHICKEN POT PIE</i>	ROAST BEEF ON A HOAGIE W/ AMERICAN CHEESE LETTUCE & TOMATO FRIED CHICKEN TENDERS W/ FRIES	HAM & SWISS ON WHOLE WHEAT W/ LETTUCE, TOMATO & ONION HAMBURGER W/ LETT, TOM, PICKLE ONION FRENCH FRIES	SALAMI AND PROVOLONE ON SOFT ROLL FRUIT CUP PIZZA VEGETABLE	SEAFOOD SALAD ON A ROLL W/LETTUCE & TOMATO SPAGHETTI AND MEATBALLS VEGETABLES	EGG SALAD ON WHOLE WHEAT W/ LETTUCE & TOMATO COD NUGGETS FRIES KETCHUP TARTAR SAUCE	TURKEY ON WHITE LETTUCE, TOMATO & ONION CORNED BEEF MELT ON RYE W/ COLESLAW.

****Available Every Meal: PB&J, Grilled Cheese, American Cheese Sandwich, Cottage Cheese and Fruit Plate. ** Milk , coffee, tea & Margarine served at all meals. REV 01/23/20**

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