

# WINTER MENU WEEK 1

DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	ORANGE JUICE OATMEAL BISCUIT W/ GRAVY MARGARINE	ORANGE JUICE CREAM OF WHEAT SCRAMBLED EGG SAUSAGE PATTY MINI DANISH MARGARINE	ORANGE JUICE CREAM OF RICE PANCAKES/ SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL HARD BOILED EGG TURKEY SWEET POTATO HASH MARGARINE	ORANGE JUICE CREAM OF WHEAT EGG OMELET SAUSAGE PATTY ENGLISH MUFFIN MARGARINE	ORANGE JUICE CREAM OF GRITS FRENCH TOAST SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL SCRAMBLED EGG CHOCOLATE CHIP MUFFIN MARGARINE
L U N C H	NAVY BEAN SOUP BRAISED BEEF POT ROAST PARMESAN MASHED POTATOES GRILLED ZUCCHINI ASSORTED PIE	WINTER SQUASH SOUP PORK LO MEIN GARLIC GREEN BEANS RICE PUDDING	BEEF VEGETABLE SOUP CHICKEN FLORENTINE ROASTED POTATOES BROCCOLI FLORETS BLONDIES DELUXE	BLACK BEAN SOUP BIG ISLAND BURRITO BOWL, SPANISH RICE, TOMATOES CARROTS PINEAPPLE UPSIDE DOWN CAKE	CHICKEN BARLEY SOUP TURKEY BURGERS BREAD DRESSING BUTTERNUT SQUASH CHOCOLATE MOUSSE	NEW ENGLAND CLAM SOUP CRAB CAKES LEMON RICE PILAF GREEN PEAS ICE CREAM	MUSHROOM AND BARLEY SOUP VEAL SALTIMBOCCA PARSLIED POTATOES CHOPPED SPINACH CHOCOLATE CHIP COOKIES
D I N N E R	CORNERED BEEF REUBEN ON RYE 1000 ISLAND DSG POTATO SALAD COLE SLAW DICED PEARS ALT VEG: GREEN BEANS	SHRIMP NEWBURG LEMON ORZO GREEN PEAS FRUIT COCKTAIL	MEATBALL PIZZA GRATED CHEESE GREEN BEANS DICED PEACHES	BAKED PASTA AL FORNO TOSSED SALAD CUBED HONEYDEW ALT VEG: CARROTS	LASAGNA CAESAR SALAD PARMESAN CHEESE ORANGE GELATIN W/ MANDARIN ORANGES ALT VEG: GREEN BEANS	BROWN ALE BRAISED CHICKEN THIGHS PESTO CAULIFLOWER APPLE COMPOTE	MEATLOAF W/ BROWN GRAVY BAKED SWEET POTATO GLAZED CARROTS PINEAPPLE CHUNKS
S O D A L T	BOLOGNA ON RYE W/ LETT & TOMATO  FRIED CHICKEN TENDERS W/ FRIES KETCHUP	ROAST BEEF AND CHEDDAR HOAGIE SANDWICH HAMBURGER W/ LETT, TOM,PICKLE & ONION FRENCH FRIES	<i>HAM AND SWISS ON RYE W/ LETTUCE, TOMATO &amp; ONION MUSTARD</i>  FRIED FISH SANDWICH COLESLAW FRIES	SALAMI & PROVOLONE ON A POTATO ROLL W/ LETT, TOM & ONION BAKED CHICKEN LEG. MASHED POTATOES VEGETABLE	EGG SALAD ON WHOLE WHEAT W/ LETTUCE  <i>POPCORN SHRIMP</i>	SEAFOOD SALAD ON A CROISSANT W/LETTUCE & TOMATO  SPAGHETTI AND MEATBALLS TOMATO SAUCE GRATED CHEESE VEGETABLE	TURKEY ON WHITE LETTUCE & TOMATO  HAM & SWISS MELT ON RYE 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 11/19/20**

**\*\*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 E A K F A S T	ORANGE JUICE OATMEAL EGG & CHEESE STRATA TURKEY SAUSAGE PATTY MARGARINE	ORANGE JUICE CREAM OF WHEAT SCRAMBLED EGG SAUSAGE PATTY APPLE TURNOVER MARGARINE	ORANGE JUICE CREAM OF RICE PANCAKES/ SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL HARD BOILED EGG CORNE BEEF HASH MARGARINE	ORANGE JUICE CREAM OF WHEAT EGG OMELET SAUSAGE PATTY ENGLISH MUFFIN MARGARINE	ORANGE JUICE CREAM OF GRITS FRENCH TOAST SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL SCRAMBLED EGG PUMPKIN MUFFIN MARGARINE
L U N C H	WINTER VEGETABLE SOUP PENNE PASTA W/ VODKA SAUCE ROASTED ZUCCHINI ASSORTED PIE	CARROT& GINGER SOUP HONEY HOISIN PORK FRIED RICE FRESH GREEN BEANS RICE PUDDING	LENTIL & SPINACH SOUP CHICKEN & SAUSAGE JAMBALAYA SPANISH RICE GLAZED CARROTS BROWNIES	POTATO LEEK SOUP DELUXE CHEESEBURGER LTOP/TATER TOTS APPLE CAKE ALT VEG: GREEN BEAN	GREEK CHICKEN SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES BUTTERNUT SQUASH BREAD PUDDING	CREAM OF TOMATO FISH & CHIP FRENCH FRIES COLESLAW ICE CREAM ALT VEG: PEAS	CHICKEN ORZO SOUP CPRNE BEEF & CABBAGE PARSLIED POTATOES SUGAR COOKIES
D I N N E R	GRILLED TURKEY REUBEN SAND COLESLAW POTATOES WEDGES DICED PEARS ALT: CARROTS	JERK CHICKEN CARROTS BAKED PLANTAINS DICED PEACHES	SESAME BEEF BROCCOLI CHOWFUN PEACHES	BOW TIE PASTA BEANS W/ GARLIC SHRIMP SEASONED SPINACH CUBED HONEYDEW	MANICOTTI CAESAR SALAD GARLIC BREAD ORANGE SEGMENTS ALT VEG: GREENBEANS	CHICKEN FRANCHAISE ORZO GREEN PEAS FRUIT COMPOTE	RAVIOLI ALFREDO FRESH ASPARAGUS GARLIC BREAD PINEAPPLE CHUNKS ALT VEG: CARROTS
S O D  A L T	BOLOGNA ON RYE W/ LETT & TOMATO  FRIED CHICKEN TENDERS W/ FRIES KETCHUP	ROAST BEEF AND CHEDDAR SANDWICH  HAMBURGER W/ LETT, TOM,PICKLE & ONION FRENCH FRIES	<i>HAM AND SWISS ON RYE W/ LETTUCE, TOMATO &amp; ONION MUSTARD FRIED FISH SANDWICH COLESLAW FRIES</i>	SALAMI & PROVOLONE ON A POTATO ROLL W/ LETT, TOM & ONION BAKED CHICKEN LEG. MASHED POTATOES VEGETABLE	EGG SALAD ON WHOLE WHEAT W/ LETTUCE  <i>POPCORN SHRIMP</i>	SEAFOOD SALAD ON A CROISSANT W/LETTUCE & TOMATO SPAGHETTI AND MEATBALLS TOMATO SAUCE GRATED CHEESE VEGETABLE	TURKEY ON WHITE LETTUCE & TOMATO  HAM & SWISS MELT ON RYE 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 11/19/20**

**\*\*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 11/29/20	MONDAY 11/30/20	TUESDAY 12/01/20	WEDNESDAY 12/02/20	THURSDAY 12/03/20	FRIDAY 12/04/20	SATURDAY 12/05/20
B R K F S T	ORANGE JUICE OATMEAL SPINACH QUICHE TURKEY SAUSAGE	ORANGE JUICE CREAM WHEAT SCRAMBLED EGG SAUSAGE DONUT	ORANGE JUICE CREAM OF RICE PANCAKES BACON	ORANGE JUICE OATMEAL HARD BOILED EGG HOME FRIES	ORANGE JUICE CREAM OF WHEAT EGGS OMELET SAUSAGE ENGLISH MUFFIN	ORANGE JUICE CREAM OF GRITS FRENCH TOAST SYRUP BACON	ORANGE JUICE OATMEAL CORN MUFFIN SCRAMBLED EGG SAUSAGE
L U N C H	SPLIT PEA SOUP EGGPLANT PARMIGIANINO GARLIC PENNE PARMESAN HERBED GARLIC BREAD ASSORTED PIE	CREAM CELERY SOUP ADOBO PORK LOIN BAKED PLANTAINS GREEN BEANS RICE PUDDING	PASTA FAGIOLI CHICKEN ENCHILADAS BROCCOLI TRES LECHES CAKE	ROASTED CORN SOUP SALISBURY STA EK MASHED POTATOES CARROTS BLACK FOREST CAKE	SWEET POTATO BISQUE TURKEY DIVAN BASMATI RICE W/ PEAS BUTTERNUT SQUASH APPLE CRISP	MANHATTAN CLAM CHOWDER ROASTED SALMON FILET LEMON RICE PILAF GREEN PEAS ICE CREAM	CREAM OF BROCCOLI SOUP TWELVE SPICED BRAISED SHORT RIBS PARSLIED RED POTATOES CHOPPED SPINACH CHOCOLATE CHIP COOKIES
D I N N E R	BLACK FOREST HAM & SWISS RUEBEN PINEAPPLE COLESLAW Alt: DICED CARROTS	STIR FRIED ORANGE BEEF WHITE RICE CAPRI VEGETABLES FRUIT COCKTAIL	PESTO SHRIMP & PENNE GREEN PEAS DICED PEACHES	FARFALLE A LO ROMANO RATATOUILLE CUBED CANTALOUPE ALT: CARROTS	BEEF BOLOGNESE GRILLED ZUCCHINI ORANGE SEGMENTS	MOROCCAN CHICKEN LEMON RICE PILAF CARROTS TROPICAL FRUIT	LINGUINE AND CLAM SAUCE GREENBEANS PINEAPPLE CHUMKS
S O D A L T	BOLOGNA ON RYE W/ LETT & TOMATO  FRIED CHICKEN TENDERS W/ FRIES KETCHUP	ROAST BEEF AND CHEDDAR SANDWICH  HAMBURGER W/ LETT, TOM,PICKLE & ONION FRENCH FRIES	<i>HAM AND SWISS ON RYE W/ LETTUCE, TOMATO &amp; ONION MUSTARD</i>  FRIED FISH SANDWICH COLESLAW FRIES	SALAMI & PROVOLONE ON A POTATO ROLL W/ LETT, TOM & ONION BAKED CHICKEN LEG. MASHED POTATOES VEGETABLE	EGG SALAD ON WHOLE WHEAT W/ LETTUCE  <i>POPCORN SHRIMP</i>	SEAFOOD SALAD ON A CROISSANT W/LETTUCE & TOMATO SPAGHETTI AND MEATBALLS TOMATO SAUCE GRATED CHEESE VEGETABLE	TURKEY ON WHITE LETTUCE & TOMATO  HAM & SWISS MELT ON RYE 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 11/19/20 9/20 \*\*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**