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

**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**
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| SUNDAY | ORANGE JUICE OATMEAL  
EGG & CHEESE STRATA  
TURKEY SAUSAGE PATTY MARGARINE | ORANGE JUICE CREAM OF WHEAT  
SCRAMBLED EGG SAUSAGE PATTY APPLE TUNOVER MARGARINE | ORANGE JUICE CREAM OF RICE  
PANCAKES/ SYRUP BACON MARGARINE | ORANGE JUICE CREAM OF WHEAT  
HARDBOILED EGG CORNED BEEF HASH MARGARINE | ORANGE JUICE CREAM OF WHEAT  
EGG OMELET FRENCH TOAST SYRUP BACON MARGARINE | ORANGE JUICE CREAM OF GRITS  
PUMPKIN MUFFIN SYRUP BACON MARGARINE |
| MONDAY | ORANGE JUICE  
CREAM OF WHEAT  
ORANGE JUICE  
Lentil & Spinach Soup  
Potato Leek Soup  
Greek Chicken Soup  
Cream of Tomato Soup  
Chicken Orzo Soup  
Grilled Turkey Reuben Sandwich  
Grilled Turkey Reuben Sandwich  
Jerk Chicken Carrots  
Bow Tie Pasta  
Manicotti  
Ham and Swiss on Rye W/ Lettuce  
Salami & Provolone on a Potato Roll  
Egg Salad on Whole Wheat W/ Lettuce  
Seafood Salad on a Croissant  
Turkey on White Lettuce & Tomato | ORANGE JUICE  
CREAM OF RICE  
LENTIL & SPINACH SOUP  
POTATO LEEK SOUP  
GREEK CHICKEN SOUP  
CREAM OF TOMATO FISH & CHIP SOUP  
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# WINTER MENU WEEK 3

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<tr>
<td>B/R/FAST</td>
<td>ORANGE JUICE OATMEAL</td>
<td>ORANGE JUICE CREAM WHEAT</td>
<td>ORANGE JUICE CREAM OF RICE PANCAKES</td>
<td>ORANGE JUICE OATMEAL</td>
<td>ORANGE JUICE CREAM OF WHEAT EGGS OMELET</td>
<td>ORANGE JUICE CREAM OF GRITS FRENCH TOAST SYRUP</td>
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<td>LUNCH</td>
<td>SPLIT PEA SOUP</td>
<td>CREAM CELERY SOUP</td>
<td>PASTA FAGIOLI CHICKEN ENCHILADAS BROCCOLI TRES LECHES CAKE</td>
<td>ROASTED CORN SOUP SALISBURY STAEK MASHED POTATOES CARROTS BLACK FOREST CAKE</td>
<td>SWEET POTATO BISQUE TURKEY DIVAN BASMATI RICE W/ PEAS BUTTERNUT SQUASH APPLE CRISP</td>
<td>MANHATTAN CLAM CHOWDER ROASTED SALMON FILET LEMON RICE PILAF GREEN PEAS ICE CREAM</td>
<td>CREAM OF BROCCOLI SOUP TWELVE SPICED BRAISED SHORT RIBS PARSLED RED POTATOES CHOPPED SPINACH CHOCOLATE CHIP COOKIES</td>
</tr>
<tr>
<td>DINNER</td>
<td>BLACK FOREST HAM &amp; SWISS RUEBEN PINEAPPLE COLESLAW Alt: DICED CARROTS</td>
<td>STIR FRIED ORANGE BEEF WHITE RICE CAPRI VEGETABLES FRUIT COCKTAIL</td>
<td>PESTO SHRIMP &amp; PENNE GREEN PEAS DICED PEACHES</td>
<td>FARFALLE A LO ROMANO RATATOUILLE CUBED CANTALOupe ALT: CARROTS</td>
<td>BEEF BOLOGNESE GRILLED ZUCCHINI ORANGE SEGMENTS</td>
<td>MOROCCAN CHICKEN LEMON RICE PILAF CARROTS TROPICAL FRUIT</td>
<td>LINGUINE AND CLAM SAUCE GREENBEANS PINEAPPLE CHUMKS</td>
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<td>SODA/ALT</td>
<td>BOLOGNA ON RYE W/ LETT &amp; TOMATO FRIED CHICKEN TENDERS W/ FRIES KETCHUP</td>
<td>ROAST BEEF AND CHEDDAR SANDWICH</td>
<td>HAMBURGER W/ LETT, TOM, PICKLE &amp; ONION FRENCH FRIES</td>
<td>HAM AND SWISS ON RYE W/ LETTUCE, TOMATO &amp; ONION MUSTARD</td>
<td>SALAMI &amp; PROVOLONE ON A POTATO ROLL W/ LETT, TOM &amp; ONION BAKED CHICKEN LEG. MASHED POTATOES VEGETABLE</td>
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