

This Week's Lunch Menu



Monday

Beef & broccoli stir fry or baked cod with lemon sauce
Brown rice
California vegetables
Cherry pie

Daily Snacks

Muffin
Fresh fruit

Tuesday

Baked pork chop or turkey chef salad
Macaroni & cheese
Bahamas vegetables
Fresh honeydew melon

Fresh fruit
Pretzels

Wednesday

Tuna noodle casserole or roast beef sandwich
Italian vegetables
Breadstick
Chilled pears

Cottage cheese
Ice cream

Thursday

Sloppy joe sandwiches or cheese quiche
Steamed carrots
Garnish pickle spear
Dinner roll
Mandarin orange cake

Cheese & crackers
Popcorn

Friday

Chicken chow mein or swedish meatballs
Steamed rice
Seasoned broccoli
Mashed potatoes
Dessert of Choice

Graham crackers with
cream cheese
Fresh fruit