

This Week's Lunch Menu

Week 1

Monday

Beef & broccoli stir fry or chicken breast vegetable egg roll
Fried rice
California vegetables
Cherry pie

Daily Snacks

Muffin - AM
Fresh fruit - PM

Tuesday

Baked pork chop or turkey chef salad with dressing
Macaroni & cheese
Bahamas vegetables
Strawberry top pound cake

Fresh fruit - AM
Pretzels - PM

Wednesday

Tuna noodle casserole or roast beef sandwich on wheat
Italian vegetables
Breadstick
Tropical fruit
Sandwich garnish: lettuce & tomato coleslaw

Cottage cheese - AM
Ice cream - PM

Thursday

Sloppy joe on bun or cheese quiche
Steamed carrots
Garnish pickle spear
Mandarin orange cake

Dried cranberries - AM
Popcorn - PM

Friday

Chicken chow mein or swedish meatballs
Steamed rice
Seasoned broccoli
Mashed potatoes
Apple crumble pie

Fresh fruit - AM
Graham crackers with
cream cheese - PM

This Week's Lunch Menu

Week 2

Monday

Sweet & sour pork or supreme frittata
Rice
Squash blend
Dinner roll
Cubed mango

Daily Snacks

Nutrigrain bar - AM
Popcorn - PM

Tuesday

Bratwurst & saurkraut or turkey swiss wrap
Coleslaw salad
Fruit cup
Vegetable blend
Banana cake

Yogurt - AM
Cheese & crackers - PM

Wednesday

Prime rib or tuna salad wheat sandwich
Brown gravy
Honey cumin glazed carrots
Red potatoes
Tiramisu cake

Raisin bread - AM
Fruit - PM

Thursday

Open face turkey sandwich or traditional gyro platter
Buttermilk mashed potatoes
Green beans
Tropical fruit

Muffin - AM
Popcorn - PM

Friday

Taco salad or fried cod
Baked mash potatoes
Chips
Pineapple upside down cake

Fruit - AM
Ritz bites crackers - PM

This Week's Lunch Menu

Week 3

Monday

Spaghetti & meat sauce or chicken tenders
California vegetables
Garlic bread toast
Mashed potatoes
Peanut butter brownie

Daily Snacks

Raisin bread - AM
Fresh fruit - PM

Tuesday

Beef stew or bacon cheese quiche
Sweet Hawaiian roll
Baby carrots
Carrot cake

Fresh fruit - AM
Popcorn - PM

Wednesday

BBQ pork ribs or rice & beans with cheese
Seasoned zucchini
Half baked potato
Cheesecake with caramel

Fruit - AM
Sherbet - PM

Thursday

Chicken pot pie or vegetable lasagna
Mediterranean vegetables
Breadstick
Mandarin oranges

Muffin - AM
Fruit - PM

Friday

Pork vegetable stir fry or tuna melt on wheat
Rice
Bahamas vegetables
Chocolate cream pie

Cheese & crackers - AM
Pretzels - PM

This Week's Lunch Menu

Week 4

Monday

BBQ pork on bun or cheese marinara ravioli
Calico beans
Coleslaw
Garnish pickle slice
Cream puff

Daily Snacks

Fruit cup - AM
Chocolate chip cookies - PM

Tuesday

Baked beef brisket or chicken cordon blue
Baked sweet potato half
Corn and black bean salad
Cookie ice cream sandwich

Croissant - AM
Fruit - PM

Wednesday

BBQ chicken leg or baked cod
Macaroni & cheese
Acorn squash
Tres leches cake

Fresh fruit - AM
Sherbet - PM

Thursday

Beef noodle casserole or pork tenderloin
Steamed carrots
Mashed potatoes
Assorted dinner roll
Fresh fruit

Raisin bread - AM
Popcorn - PM

Friday

Shrimp scampi or chicken chili
Buttered noodles
Bahamas vegetables
Dinner roll
Strawberry shortcake

Fruit - AM
Guacamole & chips - PM