

MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup of the Day Snack: Assorted Snack Salad Plate: Pineapple Carrot Jelly Salad, Potato Salad, Cheese Sticks, Rolled Ham & Croissant Grilled Chicken Burger (Tomato, Lettuce, Mayo) with Onion Rings	Soup: Cream of Tomato Snack: Blueberry Muffin Toasted Denver Sandwich (Egg, Ham, Green Onion Omelet) with Cheese Salmon Salad Sandwich on Kaiser Bun	Soup: Lemon Chicken & Rice Snack: Blueberry Muffin Toasted Denver Sandwich (Egg, Ham, Green Onion Omelet) with Cheese Chefs Salad with Cucumber, Tomato, Carrots, Red Cabbage, Candied Walnuts, Cheese & Grilled Chicken with Garlic Toast	Soup: Hearty Vegetable Barley Snack: Triple Berry Square Cream Cheese Stuffed French Toast with Syrup, Pork Sausage & Fruit Salad Pulled BBQ Beef with Creamy Coleslaw on a Whole Wheat Kaiser Bun	Soup: Carrot & Almond Snack: Lemon Square Grilled Cheese Sandwich with Tomato & Asparagus Fancy Egg Salad Sandwiches with Cream Cheese, Cucumber & Tomato	Soup: French Pea Snack: Lemon Square Grilled Cheese Sandwich with Tomato & Asparagus All Beef Hotdog or Vegetarian Hot Dog with Fried Onions & Baked Beans	Soup: Soup of the Day Snack: Assorted Snack Brown Sugar Oatmeal with Sliced Peaches, Yogurt Cup & Fruit Slices Eggs Benedict (Poached Egg, Back Bacon, Hollandaise Sauce on Biscuit) with Fruit Slices
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Pork Tenderloin with Apple Gravy Mashed Potatoes, Braised Red Cabbage & Peas Vegetarian Lasagna with Caesar Salad & Garlic Toast Banana Cream Pie	Grilled Italian Sausage with Grilled Peppers, Caesar Salad & Garlic Bread Stick Shrimp & Chicken Penne Alfredo with Tossed Salad & Garlic Bread Stick Cherry Strudel	1/4 Roasted Chicken with Gravy, Mashed Potatoes & Bistro Vegetable Mix Assorted Desserts	Shrimp Stuffed Sole with Lemon Cream Sauce, Scalloped Potatoes, Cauliflower & Corn Tiramisu Cake	Cottage Cheese Perogies with Cream Sauce, Grilled Farmer Sausage & Steamed Vegetable Medley Chicken Souvlaki with Tzatziki Sauce, Brown Rice Pilaf & Steamed Vegetable Medley Chocolate Pudding with Whipped Cream	Lightly Breaded Pickerel, Homemade Tartar Sauce, Roasted Potatoes, Sautéed Zucchini & Peppers Vegetarian Stuffed Manicotti with Spinach Strawberry Red Onion Salad & Garlic Toast Fresh Fruit Salad with Berries & Grapes	BBQ Ribs, Baked Potato, Sour Cream, Broccoli & Corn Peach Cobbler with Ice Cream Cup

MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
<p style="text-align: center;">Lunch</p> <p>Soup: Soup of the Day Snack: Assorted Snack</p> <hr/> <p>Waffles with Fruit Sauce & Country Ham</p> <hr/> <p>Wally Swiss Mushroom Burger (Sautéed Mushrooms, Swiss Cheese, Tomato, Lettuce) with French Fries</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Hearty Spinach Lentil Snack: Pecan Streusel</p> <hr/> <p>Tuna Melt on French Bread</p> <hr/> <p>Chicken Currant & Apple Salad Sandwich</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Cabbage Borscht Snack: Pecan Streusel</p> <hr/> <p>Tuna Melt on French Bread</p> <hr/> <p>Grilled Monte Cristo Sandwich (Ham, Turkey, Swiss Cheese, Dijon Mayo, Egg Dipped Bread)</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Hamburger Soup Snack: Peanut Butter Cookie</p> <hr/> <p>B.L.T.C (Bacon, Lettuce, Tomato, Cheese) Sandwich</p> <hr/> <p>BBQ Chicken Quesadilla with Salsa & Sour Cream</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Cream of Mushroom Snack: Cranberry Lemon Muffin</p> <hr/> <p>Grilled Rueben on Marble Rye (Corned Beef, Sauerkraut, Swiss Cheese, 1000 island Dressing)</p> <hr/> <p>Chopped Ham & Relish Sandwich</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Beef Noodle Snack: Cranberry Lemon Muffin</p> <hr/> <p>Grilled Rueben on Marble Rye (Corned Beef, Sauerkraut, Swiss Cheese, 1000 island Dressing)</p> <hr/> <p>Chefs Salad with Cucumber, Tomato, Carrots, Red Cabbage, Scoop of Tuna Salad, Cheese Cubes, Boiled Egg & Tea Biscuit</p>	<p style="text-align: center;">Lunch</p> <p>Soup: Soup of the Day Snack: Assorted Snack</p> <hr/> <p>Scrambled Eggs, Bacon OR Sausage, Choice of Toast, Hashbrowns & Fruit Slices</p> <hr/> <p>Smoked Salmon on a Bagel with Cream Cheese</p>
<p style="text-align: center;">Dinner</p> <p>Roasted Turkey Dinner with Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Brussels Sprouts & Honey Glazed Carrots</p> <hr/> <p>Pumpkin Pie with Whipped Cream</p>	<p style="text-align: center;">Dinner</p> <p>Beyond Meat Burger (Lettuce, Tomato, Mayo) with Onion Rings</p> <hr/> <p>Spaghetti & Meat Sauce with Caesar Salad & Garlic Toast</p> <hr/> <p>Tropical Fruit Salad</p>	<p style="text-align: center;">Dinner</p> <p>Grilled Chicken Thighs with Mushroom Sauce, Wild-rice Pilaf, Broccoli & Corn</p> <hr/> <p>Roasted Apricot & Prune Stuffed Pork Loin with Gravy, Lemon Potatoes, Broccoli & Corn</p> <hr/> <p>Assorted Desserts</p>	<p style="text-align: center;">Dinner</p> <p>Beef Pot Roast Dinner with Roasted Potatoes, Beets & Spaghetti Squash</p> <hr/> <p>Stained Glass Jell-O with Whipped Cream</p>	<p style="text-align: center;">Dinner</p> <p>Potato & Cheddar Perogies with Sour Cream, Fried Onions, Grilled Kielbasa & Cauliflower Apple Salad</p> <hr/> <p>Chicken Adobo with jasmine Rice, Lumpia (Spring Roll) & Steamed Carrots</p> <hr/> <p>Fresh Fruit Salad with Berries</p>	<p style="text-align: center;">Dinner</p> <p>Lightly Breaded Pickerel with Homemade Tartar Sauce, Boiled Potatoes & Creamy Coleslaw</p> <hr/> <p>Shepherds Pie with Gravy & Vegetable Medley</p> <hr/> <p>Bread Pudding with Toffee Sauce</p>	<p style="text-align: center;">Dinner</p> <p>Grilled Chicken Parmesan with Stuffed tomato, Potato Wedges & Sautéed Peppers</p> <hr/> <p>Frozen Yogurt Bar</p>

MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted Snacks	Soup: Italian Wedding Soup Snack: Oatmeal Raisin Cookie	Soup: Black Bean & Lime Snack: Oatmeal Raisin Cookie	Soup: Beet Borscht Snack: Yogurt Cup	Soup: French Onion Snack: Mini Bavarian Cream Tart	Soup: Turkey Noodle Snack: Mini Bavarian Cream Tart	Soup: Soup of the Day Snack: Assorted
Pancakes with Peach Slices, Syrup, Yogurt Cup & Fruit Slices	Italian Meat Sub with Rosemary Ham, Capicola, Italian Dressing Mayo & Provolone Cheese	Italian Meat Sub with Rosemary Ham, Capicola, Italian Dressing Mayo & Provolone Cheese	Nutella & Strawberry Crepes, Bacon & Spinach, Red Onion, Strawberry Salad	Grilled Cheese with Havarti Cheese, Asparagus, Grilled Onions & Peppers	Grilled Cheese with Havarti Cheese, Asparagus, Grilled Onions & Peppers	Ham & Pineapple Pizza OR Veggie Lover Pizza
Cobb Salad with Grilled Chicken, Boiled Egg, Craisins, Cubed Cheese & Garlic Toast	Vegetarian Chili with Cheese Tea Biscuit	Hot Turkey Sandwich with Gravy & Sweet Potato Fries	Corned Beef Hash with Poached Eggs & Raisin Toast	Chicken Wellington with Cream Sauce	Fancy Tuna Salad Sandwiches with Cream Cheese & Cucumbers	Mushroom & Bell Pepper Omelet with Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Ham with Applesauce, Mashed Potatoes & Romanesco Vegetables	Sweet & Sour Chicken Balls, Vegetable Spring Roll & Vegetable Pancit (Noodle stir-fry)	Vegetarian Manicotti with Caesar Salad & Garlic Bread Stick	Baked Salmon with Lemon & Dill, Baby Potatoes, Cauliflower & Beets	Grilled Pork Chop with Gravy, Roasted Potatoes, Braised Red Cabbage & Corn	Chicken Kabobs with Teriyaki Sauce, Scalloped Potatoes & Bistro Mix	1/4 Roasted Chicken Dinner with Gravy, Mashed Potatoes, Butternut Squash & Zucchini
Swedish Meatballs, Rice Pilaf & Romanesco Mix	BBQ Spare Ribs, Vegetable Spring Roll & Vegetable Pancit (Noodle stir-fry)	Meat Cabbage Rolls with Boiled Potatoes, Garlic Sausage & Corn	Pork Schnitzel with Apple Gravy, Baby Potatoes, Cauliflower & Beets	Beef Stroganoff with Egg Noodles, Braised Red Cabbage & Corn	3 Cheese Tortellini with Shrimp, Caesar Salad & Garlic Toast	Kit-Kat Ice Cream Bar
Black Forest Cake	Tapioca Pudding	Assorted Desserts	Strawberry Rhubarb Crisp with Ice Cream Cup	Carrot Cake with Cream Cheese icing	Fresh Fruit with Berries	

MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted ----- B.L.T.C (Bacon, Lettuce, Tomato, Cheese) Sandwich ----- Grilled Cinnamon Bun with Cheese Sticks & Yogurt Cup	Soup: Cream of Mushroom Snack: Zucchini Chocolate Chip Loaf ----- Grilled Rueben on Marble Rye (Corned Beef, Sauerkraut, Swiss Cheese, 1000 island Dressing) ----- Fancy Egg Salad Sandwiches with Cream Cheese, Cucumbers & Tomato	Paris Special Lunch Soup: French Onion Soup Snack: Macarons ----- Ham & Cheese Croissant Sandwich OR Crepes with Nutella & Strawberries	Soup: Sweet Potato Snack: White Chocolate Macadamia Nut Cookie ----- Roast Beef & Swiss Cheese Sandwich ----- Eggs of your Choice, Bacon OR Sausage, Hashbrowns, Choice of Toast & Fruit Salad	Soup: Beef Barley Snack: Fig Newton Cookie ----- Grilled Chicken & Avocado Sandwich on French Bread ----- Wally Cheeseburger (Lettuce, Tomato, Cheese, Mayo) with French Fries	Soup: Lentil Snack: Fig Newton Cookie ----- Grilled Chicken & Avocado Sandwich on French Bread ----- Shrimp Po Boy Sandwich with Creamy Coleslaw in a Bun	Soup: Soup of the Day Snack: Assorted ----- Cold Plate: German Potato Salad, Creamy Coleslaw, Cold Cut Rolls & Croissant ----- Meat Tortiere with Gravy & Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Beef Dinner with Gravy, Mini Yorkshire Pudding, Roasted Potatoes, Honey Glazed Carrots & Peas ----- Lemon Meringue Pie	Turkey Schnitzel with Gravy, Mashed Potatoes, Sautéed Mushrooms & Broccoli ----- Swiss Steak with Mashed Potatoes, Sautéed Mushrooms & Broccoli ----- Chocolate Cream Puff	Lightly Dusted Chicken wings with Macaroni & Cheese and Broccoli Salad ----- Beef Stew with Tossed Salad & Dinner Bun ----- Assorted Desserts	BBQ Ribs Dinner, Baked Potato with Sour Cream, Oil & Vinegar Coleslaw & Corn on the Cob ----- Butterscotch Pudding with Whipped Cream	Cottage Cheese Perogies with Fried Onion and Cream Sauce, Farmers Sausage, Sautéed Zucchini & Peppers ----- Lamb Chops with Mint Gravy, Baby Potatoes, Sautéed Zucchini & Peppers ----- Mixed Fruit Crisp with Ice Cream Cup	Lightly Breaded Pickerel with Homemade Tartar Sauce, Lemon Potatoes & Romanesco Vegetable Mix ----- Red Thai Coconut Chicken Curry with Jasmine Rice & Romanesco Mix ----- Rice Pudding	Roasted Chicken Drumsticks, Gravy, Mashed Potatoes, Cauliflower & Beets ----- Liver & Onions with Gravy, Mashed Potatoes, Cauliflower & Beets ----- Fresh Fruit with Berries

MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted	Soup: Cream of Broccoli Snack: Bran Muffin	Soup: Beef Vegetable Snack: Bran Muffin	Soup: Potato Bacon Chowder Snack: Lemon Square	Soup: Chicken & Rice Snack: Assorted Brownies	Soup: Hearty Minestrone Snack: Assorted Brownies	Soup: Soup of the Day Snack: Assorted
Beef Taco Salad (Shredded Lettuce, Tomato, Cheese, Green Onions & Black Olives) with Salsa & Sour Cream	Grilled Ham & Havarti Cheese Sandwich with Grilled Peppers	Grilled Ham & Havarti Cheese Sandwich with Grilled Peppers	Eggs of your Choice, Bacon OR Sausage, Hashbrowns, Choice of Toast & Fruit Salad	Smoked Turkey Sub (Turkey, Lettuce, Tomato & Cheese)	Smoked Turkey Sub (Turkey, Lettuce, Tomato & Cheese)	Waffles with Fruit Sauce, Grilled Country Ham & Fruit Salad
Brown Sugar Oatmeal with Peach Slices, Yogurt Cup & Fruit Slices	Vegetarian Chili with Tea Biscuit	Pulled BBQ Beef with Creamy Coleslaw on a Whole Wheat Kaiser Bun	Chefs Salad with Cucumber, Tomato, Carrots, Red Cabbage, Candied Walnuts, Shredded Parmesan Cheese, Pears, Grilled Chicken & Poppy Seed Dressing	Stuffed Baked Potato with Peppers, Corn & Cheese	Fried Bologna, Egg & Cheese Sandwich on Whole Wheat Kaiser Bun	Chicken Fingers with Dipping Sauce & Sweet Potato Fries
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roasted Turkey Dinner with Gravy, Stuffing, Cranberry Sauce, Boiled potatoes & Broccoli Casserole	Shrimp Kabobs with Cocktail Sauce, Rice Pilaf & Cauliflower Apple Salad	Kung Pao Chicken with Vegetable Pancit (Noodle Stir-fry) & Vegetable Spring Roll	Haddock fish & Chips with 3-Bean Salad	Pork Chops with Apple Gravy, Mashed Potatoes, Green Bean Almandine & Carrots	Salmon Burger with Lettuce, Tomato, Potato Wedges & Greek Salad	Roast Beef Dinner with Gravy, Mini Yorkshire pudding, Scalloped Potatoes & Romanesco Mix
Coconut Cream Pie	Teriyaki Chicken Strips with Rice Pilaf & Vegetable spring Roll (Plum Sauce)	Meatloaf with Ketchup Sauce, Mashed Potatoes & Bistro Mix	Spaghetti & Meat Sauce with Caesar Salad & Garlic Toast	Potato Cheddar Perogies with Fried Onions, Bacon Bits & Sour Cream, Grilled Kielbasa, Green Bean Almandine & Carrots	Salmon Burger with Lettuce, Tomato, Potato Wedges & Greek Salad	Bread Pudding with Toffee Sauce
	Vanilla Pudding with Blueberries & Whipped Cream	Assorted Dessert	Orange Cream Sheet Cake	Fresh Fruit Salad with Berries	Pork Schnitzel with Gravy, Roasted Potatoes, Corn & Cauliflower	
					Ice Cream Drumstick	