

## MEALS FOR THE CURRENT WEEK OF FEBRUARY

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

## MEALS FOR THE CURRENT WEEK OF MARCH

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

## MEALS FOR THE CURRENT WEEK OF MARCH

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

## MEALS FOR THE CURRENT WEEK OF MARCH

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

## MEALS FOR THE CURRENT WEEK OF MARCH

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