

LT

MEALS FOR THE CURRENT WEEK OF AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted ----- Pineapple Carrot Jelly Salad, Potato Salad, Cheese Sticks & Rolled Ham ----- Grilled Chicken Burger w/ Lettuce & Tomato w/ Onion Rings OR Tossed Salad	Soup: Cream of Mushroom Snack: Peanut Butter Marshmallow Square ----- Toasted Denver w/ Eggs, Ham, Cheese & Green Onion ----- Salmon Salad Sandwich on Kaiser Bun	Soup: Somma Borscht Snack: Peanut Butter Marshmallow Square ----- Toasted Denver w/ Eggs, Ham, Cheese & Green Onion ----- Chef's Salad w/ Sliced Peaches, Candied Walnuts, Scoop of Tuna Salad, Lettuce, Tomato, Cucumbers, Carrots & Garlic Toast	Soup: Mushroom Barley Snack: Triple Berry Crumble ----- Cream Cheese Stuffed French Toast, Sausage & Fruit Salad ----- Pulled BBQ Beef on a Whole Wheat Kaiser Bun	Soup: Chicken Vegetable Snack: Mini Danish ----- Grilled Havarti Cheese Sandwich w/ Tomato & Asparagus ----- Fancy Double Stuffed Egg Salad Sandwiches with Cucumber & Cream Cheese	Soup: Curry Vegetable Lentil Snack: Mini Danish ----- Grilled Havarti Cheese Sandwich w/ Tomato & Asparagus ----- Hot Dog w/ Fried Onions & Baked Beans	Soup: French Onion Snack: Assorted ----- Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices ----- Eggs Benedict w/ Poached Eggs, Hollandaise Sauce, Back Bacon on a Biscuit w/ Fruit Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Pork Tenderloin w/ Apple Gravy, Mashed Potatoes, Corn & Peas ----- Vegetarian Lasagna & Garlic Toast ----- Cherry Pie Fruit of the week:	Grilled Italian Sausages w/ Peppers, Caesar Salad & Garlic Bread Stick ----- Shrimp Or Chicken Penne Alfredo w/ Caesar Salad & Garlic Bread Stick ----- Fresh Fruit Salad with Berries Fruit of the week:	Roasted 1/4 Chicken, Mashed Potatoes with Gravy & Kale Vegetable Mix ----- Assorted Desserts Fruit of the week:	Shrimp Stuffed Sole, Scalloped Potatoes, Cauliflower & Zucchini ----- Meatballs w/ Mushroom Gravy, Scalloped Potatoes, Cauliflower & Zucchini ----- Assorted Donuts Fruit of the week:	Cottage Cheese Perogies, Fried Onions, Cream Sauce, Farmers Sausage & California Mixed Vegetables ----- Chicken Souvlaki w/ Tzatziki Sauce, Rice Pilaf & California Mixed Vegetables ----- Coconut Cream Pudding with Whipped Cream Fruit of the week:	Baked Pickerel, Tartar Sauce, Mashed Potatoes & Sauteed Zucchini & Carrots ----- Vegetarian Manicotti w/ Spinach & Strawberry Salad & Garlic Toast ----- Fresh Fruit with Sweet Cream Fruit of the week:	BBQ Ribs, Baked Potato w/ Sour Cream, Broccoli & Corn ----- Bread Pudding with Toffee Sauce Fruit of the week:

MEALS FOR THE CURRENT WEEK OF AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Chicken & Rice Snack: Assorted ----- Waffles w/ Syrup & Country Ham ----- Wally Bacon Burger w/ French Fries OR Tossed Salad	Soup: Baked Potato Soup Snack: Assorted Tart ----- Tuna Melt on French Bread ----- Chicken Salad Sandwich w/ Currants & Apples & Lettuce	Soup: Cabbage Borscht Snack: Assorted Tart ----- Tuna Melt on French Bread ----- Monte Cristo Sandwich with Lettuce & Tomato	Soup: Hamburger Soup Snack: Peanut Butter Cookie ----- Toasted BLTC Sandwich ----- Chicken & Bean Quesadillas w/ Salsa & Sour Cream	Soup: Cream of Chicken Noodle Snack: Apple Oatmeal Muffin ----- Chopped Ham & Relish Sandwich with Lettuce ----- Reuben on Marble Rye	Soup: Beef Barley Snack: Oatmeal Apple Muffin ----- Reuben on Marble Rye ----- Chef's Salad w/ Candied Walnuts, Cubed Cheese, Grilled Chicken & Garlic Bread	Soup: Turkey and Rice Snack: Assorted ----- Scrambled Eggs, Bacon OR Turkey Sausage, Toast, Hash Browns & Fruit Slices ----- Smoked Salmon on a Bagel w/ Cream Cheese
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roasted Turkey Dinner, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Honey Glazed Carrots ----- Pecan Pie with Whipped Cream Fruit of the Week:	Grilled Chicken Burger w/ Onion Rings OR Carrot Salad ----- Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast ----- Assorted Cupcakes Fruit of the week :	Chicken Thighs with Mushroom Cream Sauce, Rice Pilaf, Broccoli & Corn ----- Pork Loin Stuffed w/ Apricots & Prunes, Apple Sauce, Lemon Potatoes, Broccoli & Corn ----- Assorted Dessert Fruit of the Week:	Pot Roast Dinner, Mashed Potatoes, Brussel Sprouts and Butternut Squash ----- Peaches & Cream Jello Parfait Fruit of the Week:	Potato & Cheddar Perogies, Fried Onions, Grilled Kielbasa & Cauliflower & Apple Salad ----- Chicken Adobo w/ Jasmine Rice, Lumpia (Spring Roll) & California Mix Vegetables ----- Vanilla Swirl Cake with Whipped Cream Fruit of the Week:	Baked Pickerel, Tartar Sauce, Boiled Potatoes & Creamy Coleslaw ----- Shepherd's Pie w/ Gravy & Bistro Vegetable Mix ----- Bread Pudding w/ Butterscotch Ice Cream Fruit of the week:	Chicken Kiev (Garlic Butter Stuffed), Roasted Potatoes, Sauteed Zucchini & Mushrooms ----- Frozen Yogurt Bar, Fruit of the Week:

MEALS FOR THE CURRENT WEEK OF SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Minestrone Snack: Assorted Pancakes w/ Peaches, Yogurt & Fruit Slices Cobb Salad w/ Grilled Chicken, Apples, Cubed Cheese, & Boiled Egg w/ Garlic Stick	Soup: Hearty Vegetable Barley Snack: Assorted Cookie Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese & Italian Dressing Mayo Vegetarian Chili w/ Tea Biscuit	Soup: Somma Borscht Snack: Assorted Cookie Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese & Italian Dressing Mayo Hot Turkey Sandwich w/ Gravy & Sweet Potato Fries OR Tossed Salad	Soup: Taco Tortilla Snack: Assorted Nutella Crepes, Bacon & Spinach & Strawberry Salad Corned Beef Hash w/ Poached Eggs & Raisin Toast	Soup: French Onion Snack: Mini Tart Grilled Cheese w/ Havarti, Asparagus, Bell Peppers & Onions Chicken Wellington w/ Cream Sauce	Soup: Cabbage Borscht Snack: Mini Cream Tart Grilled Cheese w/ Havarti, Asparagus, Bell Peppers & Onions Fancy Chicken Salad Sandwich w/ Cream Cheese	Soup: Soup of the Day Snack: Assorted Meat Lovers Pizza OR Vegetarian Pizza Onion & Bell Pepper Omelette w/ Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Ham w/ Apple Sauce, Mashed Potatoes & California Vegetable Mix Swedish Meatballs, Rice Pilaf & Bistro Vegetable Mix Black Forest Parfait Fruit of the Week:	Sweet & Sour Chicken Balls, Vegetable Pancit & Vegetable Spring Roll Korean BBQ Spare Ribs, Vegetable Pancit & Vegetable Spring Roll Cold Tapioca Pudding with Berry Sauce Fruit of the week:	Vegetarian Manicotti w/ Caesar Salad & Garlic Toast Cabbage Rolls w/ Meat Sauce, Boiled Potatoes & Garlic Sausage Assorted Desserts Fruit of the Week:	Baked Salmon w/ Lemon & Dill, Mashed Potatoes, Cauliflower & Beets Pork Schnitzel w/Apple Gravy, Mashed Potatoes, Cauliflower & Beets Strawberry Rhubarb Crisp w/ Strawberry Ice Cream Fruit of ther week:	Grilled Pork Chop, Apple Sauce, Roasted Potatoes, Brussel Sprouts & Corn Beef Stroganoff w/ Egg Noodles, Brussel Sprouts & Corn Carrot Cake w/ Cream Cheese Icing Fruit of the Week:	Lightly Breaded Pickarel, Lemon Potatoes & Bistro Vegetable Mix 3 Cheese Tortellini w/ Alfredo Sauce & Grilled chicken, Caesar Salad & Garlic Toast Fresh Fruit Salad w/ Berries Fruit of the Week:	Stuffed Chicken with Broccoli & Cheddar, Mashed Potatoes, Butternut Squash and Zucchini Chocolate or Vanilla Ice Cream Bar Fruit of the Week:

MEALS FOR THE CURRENT WEEK OF SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	9	10	11	12	13	14
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted BLTC Sandwich Grilled Cinnamon Bun, Cheese Sticks & Yogurt	Soup: Cream of Mushroom Snack: Zucchini Chocolate Chip Loaf Reuben on Marble Rye Fancy Double Stuffed Fancy Egg Salad Sandwiches	Soup: Chicken Noodle Snack: Zucchini Chocolate Chip Loaf Reuben on Marble Rye Crab Salad Sandwich	Soup: Sweet Potato Snack: White Chocolate Macadamia Cookies Roast Beef & Swiss Sandwich Eggs, Bacon OR Sausage, Hashbrowns, Toast & Fruit Salad	Soup: Beef Barley Snack: Fig Newton Grilled Chicken & Pesto on French Bread Wally Cheeseburger w/ French Fries OR Tossed Salad	Soup: Lentil Snack: Oreo Cookie Grilled Chicken & Pesto on French Bread German Potato Salad, Creamy Coleslaw, Cold Cuts & Croissant	Soup: Soup of the Day Snack: Assorted Shrimp Po Boy Sandwich Meat Tortiere w/ Gravy & Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Beef, Gravy, Mini Yorkshire Pudding, Roasted Potatoes, Honey Glazed Carrots & Peas Chocolate Cream Pie Fruit of the Week:	Turkey Schnitzel, Mashed Potatoes, Sauteed Mushrooms & Broccoli Swiss Steak, Mashed Potatoes, Sauteed Mushrooms & Broccoli Chocolate Cream Puff Fruit of the week:	Lightly Dusted Chicken Wings w/ Macaroni & Cheese & Broccoli Salad Beef Stew w/ Tossed Salad & Dinner Bun Assorted Desserts Fruit of the week:	BBQ Ribs, Baked Potato w/ Sour Cream, Oil & Vinegar Coleslaw & Corn on the Cob Butterscotch Pudding with Caramel Whipped Cream Fruit of the Week:	Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage, Sauteed Zucchini & Peppers Lemon Chicken Kabobs, Baby Potatoes, Sauteed Zucchini & Peppers Mixed Fruit Crisp w/ Ice Cream Fruit of the Week:	Red Thai Coconut Chicken Curry w/ Jasmine Rice & Florentine Vegetable Mix Lightly Breaded Pickerel, Lemon Potatoes & Florentine Vegetable Mix Rice Pudding Fruit of the Week:	Roasted Chicken Drumsticks, Mashed Potatoes, Cauliflower & Beets Liver & Onions, Mashed Potatoes, Cauliflower & Beets Fresh Fruit Salad w/ Berries & Sweet Cream Fruit of the Week:

MEALS FOR THE CURRENT WEEK OF SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20	21
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the day Snack: Assorted Beef Taco Salad w/ Salsa & Sour Cream Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices	Soup: Beef Vegetable Snack: Coffee Caramel Muffin Grilled Ham & Havarti Sandwich w/ Grilled Peppers Pulled BBQ Beef on a Whole Wheat Kaiser Bun	Soup: Potato Bacon Snack: Coffee Caramel Muffin Grilled Ham & Havarti w/ Grilled Peppers Pulled BBQ Beef on a Whole Wheat Kaiser Bun	Soup: Minestrone Snack: Lemon Square Scrambled Eggs, Bacon OR Sausage, Hashbrowns, Toast & Fruit Salad Chef's Salad w/ Candied Walnuts, Pears, Parm, Grilled Chicken & Poppy Seed Dressing	Soup: Chicken & Rice Snack: Assorted Brownies Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese Stuffed Potato w/ Bell Pepper, Corn, & Cheese	Soup: Beet Borscht Snack: Assorted Brownie Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese Fried Egg & Cheese Sandwich w/ Grilled Bologna on a Whole Wheat Kaiser Bun	Soup: Soup of the Day Snack: Assorted Waffles w/ Fruit Sauce, Grilled Ham & Fruit Salad Chicken Fingers w/ Sweet Potato Fries OR Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roasted Turkey Dinner w/ Stuffing, Cranberry Sauce, Gravy, Boiled Potatoes & Broccoli Casserole Blueberry Pie with Whipped Cream Fruit of the Week:	Kung Pao Chicken, Vegetable Pancit & Vegetable Spring Roll Meatloaf w/ Ketchup Sauce, Mashed Potatoes & Bistro Mix Lemon Pudding w/ Blueberries & Whipped Cream Fruit of the Week:	Shrimp Kabobs, Rice Pilaf w/ Cauliflower & Apple Salad Terikayi Chicken Strips, Rice Pilaf & Vegetable Spring Roll Assorted Desserts Fruit of the Week:	Haddock Fish & Chips w/ 3 Bean Salad Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast Lemon Cream Cake Fruit of the week:	Pork Chops w/ Apple Gravy, Mashed Potatoes, Green Bean Almandine & Carrots Potato & Cheddar Perogies, Fried Onions, Bacon Bits, Grilled Kielbasa, Green Bean Almandine & Carrots Boston Cream Pie Fruit of the Week:	Salmon Burger w/ Potato Wedges & Greek Salad Pork Schnitzel, Roasted Potatoes, Corn & Cauliflower Ice Cream Drumstick Fruit of the Week:	Roast Beef, Gravy, Mini Yorkshire Pudding, Scalloped Potatoes & California Mix Assorted Cupcakes Fruit of the Week: