

MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted Snack	Soup: Cream of Tomato Snack: Raspberry Yogurt Muffin	Soup: Chicken & Rice Snack: Raspberry Yogurt Muffin	Soup: Mushroom Barley Snack: Date Square	Soup: Carrot Almond Snack: Lemon Square	Soup: Beef Tortilla Snack: Lemon Square	Soup: Soup of the Day Snack: Assorted
Pineapple Carrot Jelly Salad, Potato Salad, Cheese Sticks & Rolled Ham	Toasted Denver w/ Eggs, Ham, Cheese & Green Onion	Toasted Denver w/ Eggs, Ham, Cheese & Green Onion	Cream Cheese Stuffed French Toast, Sausage & Fruit Salad	Grilled Cheese w/ Tomato & Asparagus Sandwich	Grilled Cheese w/ Tomato & Asparagus	Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices
Grilled Chicken Burger w/ Lettuce & Tomato w/ Onion Rings OR Tossed Salad	Salmon Salad Sandwich on Marble Rye	Chef's Salad w/ Sliced Apples, Walnuts, Scoop of Tuna Salad, Lettuce, Tomato, Cucumbers, Carrots & Garlic Toast	Pulled BBQ Beef with Creamy Coleslaw on a Whole Wheat Kaiser Bun with	Fancy Double Stuffed Egg Salad Sandwiches with Cucumbers	All Beef Hot Dog w/ Fried Onions & Baked Beans	Eggs Benedict w/ Poached Eggs, Hollandaise Sauce & Back Bacon on a English Muffin w/ Fruit Slices
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pot Roast Dinner, Gravy, Scalloped Potatoes, Peas & Carrots	Shrimp & Chicken Penne Alfredo w/ Tossed Salad	Salisbury Steak w/ Mushroom Gravy, Boiled Potatoes, Cauliflower & Corn	Grilled Honey Orange Chicken Breast with Mashed Potatoes & California Vegetable Mix	Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage & Steamed Vegetables	Lightly Breaded Pickerel, Baby Potatoes & Sautéed Zucchini & Peppers	BBQ Ribs, Baked Potato w/ Sour Cream, Broccoli & Corn
Banana Cream Pie Fruit of the week:	Grilled Italian Sausages w/ Peppers, Caesar Salad & Garlic Bread Stick	Baked Salmon, Boiled Potatoes, Cauliflower & Corn	Tiramisu Fruit of the Week:	Chicken Souvlaki w/ Tzatziki Sauce, Brown Rice Pilaf & Steamed Vegetables	Vegetarian Manicotti w/ Spinach & Strawberry Salad & Garlic Toast	Peach Cobbler w/ Ice Cream Fruit of the Week:
	Apple Strudel Fruit of the Week:	Assorted Desserts Fruit of the Week:		Chocolate Pudding with Whipped Cream Fruit of the Week:	Fresh Fruit Salad w/ Berries Fruit of the Week:	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted Snack	Soup: Lentil Snack: Pecan Streusel Square	Soup: Cabbage Borscht Snack: Pecan Streusel Square	Soup: Hamburger Soup Snack: Peanut Butter Cookie	Soup: Cream of Mushroom Snack: Blueberry Muffin	Soup: Beef Barley Snack: Blueberry Muffin	Soup: Soup of the Day Snack: Assorted
Waffles w/ Fruit Sauce & Country Ham	Tuna Melt on French Bread	Tuna Melt on French Bread	BLTC Sandwich (Bacon, Lettuce, Tomato & Mayo)	Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye	Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye	Scrambled Eggs, Bacon OR Sausage, Choice of Toast, Hash Browns & Fruit Slices
Wally Mushroom Burger w/ French Fries OR Tossed Salad	Chicken Salad Sandwich w/ Currants, Apples & Lettuce	Poutine Bowl with French Fries, Popcorn Chicken, Cheese & Gravy	Chicken Quesadillas w/ Salsa & Sour Cream	Chopped Ham & Relish Sandwich with Lettuce	Chef's Salad w/ Candied Walnuts, Cubed Cheese, Grilled Chicken & Garlic Bread	Smoked Salmon on a Bagel w/ Cream Cheese & Fruit Slices
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Turkey Dinner, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Brussels Sprouts & Carrots	Veggie Burger (Lettuce, Tomato & Mayo) w/ Onion Rings OR Carrot Salad	Chicken Thighs in a Mushroom Cream Sauce, Wildrice Pilaf, Broccoli & Corn	Pot Roast Dinner, Roasted Potatoes, Beets & Spaghetti Squash	Potato & Cheddar Perogies, Fried Onions, Grilled Kielbasa & Cauliflower & Apple Salad	Lightly Breaded Pickerel, Boiled Potatoes & Creamy Coleslaw	Chicken Kiev (Stuffed w/ Garlic Butter), Cream Sauce, Roasted Potatoes, Sauteed Zucchini & Mushrooms
Pumpkin Pie with Whipped Cream Fruit of the week:	Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast	Roasted Pork Loin Stuffed w/ Apricots & Prunes, Lemon Potatoes, Broccoli & Corn	Stained Glass Jello Parfait Fruit of the Week:	Chicken Adobo, Jasmine Rice, Lumpia & Steamed Carrots	Shepherd's Pie w/ Gravy & Bistro Vegetable Mix	Frozen Yogurt Bar Fruit of the Week:
	Tropical Fruit Salad Cocktail Fruit of the Week:	Assorted Desserts Fruit of the Week:		Fresh Fruit Salad w/ Berries Fruit of the Week:	Bread Pudding w/ Toffee Sauce Fruit of the Week:	

MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted Snack <hr/> Pancakes w/ Peaches, Yogurt & Fruit Slices <hr/> Vegetarian Chili w/ Tea Biscuit & Topped with Green Onions & Shredded Cheese	Soup: Hearty Vegetable Snack: Assorted Cookies <hr/> Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese & Italian Dressing Mayo <hr/> Cobb Salad w/ Grilled Chicken, Apples, Cubed Cheese, & Boiled Egg w/ Garlic Toast	Soup: Black Bean & Tortilla Snack: Assorted Cookies <hr/> Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese & Italian Dressing Mayo <hr/> Hot Turkey Sandwich w/ Gravy & Sweet Potato Fries OR Tossed Salad	Soup: Beet Borscht Snack: Yogurt Cup <hr/> Nutella & Strawberry Crepes, Bacon & Spinach & Strawberry Salad <hr/> Corned Beef Hash w/ Poached Eggs & Blueberry Toast	Soup: French Onion Snack: Mini Bavarian Cream Tart <hr/> Grilled Cheese w/ Havarti, Asparagus, Bell Peppers & Onions <hr/> Chicken Wellington w/ Side of Cream Sauce	Soup: Turkey Noodle Snack: Mini Bavarian Cream Tart <hr/> Grilled Cheese w/ Havarti, Asparagus, Bell Peppers & Onions <hr/> Fancy Tuna Sandwiches w/ Cream Cheese & Cucumbers	Soup: Soup of the Day Snack: Assorted <hr/> Roasted Vegetable & Falafel Pita with Tatziki Sauce with Tossed Salad <hr/> Hot Turkey Sandwich on Whole Wheat Bread with Gravy
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Ham w/ Apple Sauce, Mashed Potatoes & Italian Vegetable Mix <hr/> Swedish Meatballs, Rice Pilaf & Italian Vegetable Mix <hr/> Black Forest Parfait Fruit of the week:	Sweet & Sour Chicken Balls, Vegetable Pancit & Vegetable Spring Roll <hr/> BBQ Spare Ribs, Vegetable Pancit & Vegetable Spring Roll <hr/> Cold Tapioca Pudding with Berry Sauce Fruit of the Week:	Chicken Lasagna w/ Caesar Salad & Garlic Toast <hr/> Cabbage Rolls w/ Boiled Potatoes & Garlic Sausage <hr/> Assorted Desserts Fruit of the Week:	Baked Salmon w/ Lemon & Dill, Baby Potatoes, Cauliflower & Beets <hr/> Pork Schnitzel w/ Apple Gravy, Baby Potatoes, Cauliflower & Beets <hr/> Strawberry Rhubarb Crisp w/ Ice Cream Fruit of the Week:	Grilled Pork Chop, Roasted Potatoes, Braised Red Cabbage & Corn <hr/> Beef Stroganoff w/ Egg Noodles, Braised Red Cabbage & Corn <hr/> Carrot Cake w/ Cream Cheese Icing Fruit of the Week:	Lightly Breaded Pickerel, Lemon Potatoes & California Vegetable Mix <hr/> Cheese Tortellini w/ Alfredo Sauce & Grilled chicken, Caesar Salad & Garlic Toast <hr/> Fresh Fruit Salad w/ Berries Fruit of the Week:	Stuffed Chicken Breast with Broccoli & Cheddar, Cream Sauce, Mashed Potatoes, Butternut Squash and Zucchini <hr/> Chocolate or Vanilla Ice Cream Bar Fruit of the Week:

MEALS FOR THE CURRENT WEEK OF APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9	10	11	12
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted Snack BLTC Sandwich (Bacon, Lettuce, Tomato & Mayo) Toasted Cinnamon Bun, Cheese Sticks & Yogurt	Soup: Cream of Broccoli Snack: Mini Cannoli Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye Cold Plate: German Potato Salad, Creamy Coleslaw, Cold Cuts & Croissant	Soup: Chicken Noodle Snack: Mini Cannoli Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye Crab Salad Sandwich with Lettuce	Soup: NO SOUP Snack: Oatmeal Cranberry Walnut Cookie Roast Beef & Swiss Sandwich with Mayo & Lettuce Choice of Eggs, Bacon OR Sausage, Hashbrowns, Choice of Toast & Fruit Salad	Soup: Sweet Potato Curry Snack: Banana Chocolate Loaf Grilled Chicken, Cheese & Avocado on French Bread Wally Cheeseburger w/ French Fries OR Tossed Salad	Soup: Spinach Lentil Snack: Banana Chocolate Loaf Grilled Chicken, Cheese & Avocado on French Bread French Beef Dip Sandwich in a Bun with Tossed Salad	Soup: Soup of the Day Snack: Assorted Double Stuffed Fancy Egg Salad Sandwiches with Cream Cheese & Cucumbers Meat Tortiere w/ Gravy & Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Beef Dinner, Gravy, Mini Yorkshire Pudding, Roasted Potatoes, Carrots & Peas Lemon Meringue Pie Fruit of the week:	Turkey Schnitzel, Mashed Potatoes, Gravy, Sauteed Mushrooms & Broccoli Swiss Steak, Mashed Potatoes, Sauteed Mushrooms & Broccoli Chocolate Mint Pie 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 Whipped Cream Fruit of the Week:	Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage, Sauteed Zucchini & Peppers Chicken Skewers, Tzatziki Sauce, Baby Potatoes, Sauteed Zucchini & Peppers Pineapple Crisp with Butterscotch Ice Cream Cup Fruit of the Week:	Lightly Breaded Pickerel, Lemon Potatoes & Kalebanzo Vegetable Mix Red Thai Coconut Chicken Curry w/ Jasmine Rice & Kalebanzo Vegetable Mix Rice Pudding Fruit of the Week:	Roasted Chicken Drumsticks, Mashed Potatoes, Cauliflower & Beets Liver & Onions, Mashed Potatoes, Cauliflower & Beets Ambrosia Fruit Salad Fruit of the Week:

MEALS FOR THE CURRENT WEEK OF APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted Snack	Soup: Beef Vegetable Snack: Mini Cream Puffs	Soup: Potato Bacon w/ Dill Snack: Mini Cream Puffs	Soup: NO SOUP Snack: Bran Muffin	Soup: Chicken & Rice Snack: Assorted Brownies	Soup: Minestrone Snack: Assorted Brownies	Soup: Soup of the Day Snack: Assorted
Beef Taco Salad w/ Salsa & Sour Cream	Grilled Ham & Havarti w/ Grilled Peppers	Grilled Ham & Havarti w/ Grilled Peppers	Choice of Eggs, Bacon OR Sausage, Hashbrowns, Choice of Toast & Fruit Salad	Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese	Turkey Sub w/ Turkey, Lettuce, Tomato & Cheese	Waffles w/ Fruit Sauce, Grilled Ham & Fruit Salad
Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices	Vegetarian Chili w/ Tea Biscuit & Topped with Green Onion & Shredded Cheese	Kielbasa Loaf with Havarti Cheese & Lettuce Sandwich on a Kaiser Bun	Chef's Salad w/ Candied Walnuts, Pears, Shaved Parm, Grilled Chicken & Poppy Seed Dressing	Fancy Salmon Salad Sandwiches with Cucumber & Cream Cheese	Fried Egg & Cheese Sandwich w/ Grilled Bologna on a Whole Wheat Kaiser Bun	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	Shrimp Kabobs, Rice Pilaf w/ Cauliflower & Apple Salad	Kung Pao Chicken, Vegetable Pancit & Vegetable Spring Roll	Haddock Fish & Chips w/ 3 Bean Salad	Pork Chops w/ Apple Gravy, Mashed Potatoes, Green Bean Almandine & Carrots	Pork Schnitzel, Apple Gravy, Roasted Potatoes, Corn & Cauliflower	Roast Beef Dinner, Gravy, Mini Yorkshire Pudding, Scalloped Potatoes & Romanesco Mix
Coconut Cream Pie Fruit of the week:	Terikayi Chicken Strips, Rice Pilaf & Vegetable Spring Roll	Meatloaf w/ Ketchup Sauce, Mashed Potatoes & Bistro Mix	Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast	Potato & Cheddar Perogies, Fried Onions, Bacon Bits, Grilled Kielbasa, Green Bean Almandine & Carrots	Fish Filet Burger w/ Potato Wedges & Greek Salad	Banana Bread Pudding with Caramel Sauce Fruit of the Week:
	Vanilla Pudding w/ Blueberries Fruit of the Week:	Assorted Desserts Fruit of the Week:	Orange Cream Cake Fruit of the Week:	Peach Pie with Whipped Cream Fruit of the Week:	Ice Cream Cone Fruit of the Week:	