

Week Three Spring Menu

V-Vegetarian, GF- Gluten Free, VG- Vegan, SF- Soy Free

Monday 4/29/24	Tuesday 4/30/24	Wednesday 5/1/24	Thursday 5/2/24	Friday 5/3/24	Saturday 5/4/24	Sunday 5/5/24
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals	Oatmeal Assorted Cold Cereals
Friends Breakfast	Friends Breakfast	Breakfast Special	Friends Breakfast	Friends Breakfast	Friends Breakfast	Friends Breakfast
Vegetable Scrambled eggs	Scrambled Eggs	Pancakes	Scrambled Eggs	Cheese Omelet	Scrambled Eggs	Scrambled Eggs
Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Breakfast Meat and Potato Fresh Fruit Orange Juice Coffee, Tea, Milk	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Carrot and Ginger Soup Spinach Salad	Tomato Bisque Broccoli Salad	Loaded Potato Soup Chickpea Salad	Maryland Crab Soup Pasta Salad	Vegetable Soup Edamame & Corn Salad	Past Fagioli Macaroni Salad	Lentil and Tomato Soup Tomato Cucumber salad
Tuna Melt on Wheat	Grilled Cheese w/ Tomato	Philly Cheese Steak	Chicken Salad on House Salad	Chicken Parmesan	Pulled BBQ Beef Sandwich	Turkey Club Croissant w cheese
Italian Hoagie	Pepperoni Pizza	Chef Salad w/ Italian Dressing	Egg Salad on House Salad	Italian Sausage w/Onions & Peppers	Meatball Sub w/ cheese	Ham and Cheese Melt
Vegetarian Beyond Sausage W/ Peppers& Onions (v)	Cheese Pizza	Swiss Cheese Croissant (v)	Veg. Garden Burger(V)	Veg. Chicken Parmesan	Veg. Meatball Sub (v)	Grilled Cheese/Tomato (v)
Cole Slaw	Side Salad w/toppings	Roasted Potatoes	Sweet potato Fries	Marinara and Pasta	Baked Beans	Onion Rings
Sauteed Spinach	Sweet Potato Fries	Baby Carrots/Green beans	Corn O'Brien	Lima Beans	Cut Green Beans	Steamed Peas
Vanilla Puddingw/Banana	Mandarin Oranges	Peaches Orange Crème	Fresh Mixed Fruits	Berries w/Whip Topping	Raisin Rice Pudding	Fresh Melon
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Carrot and Ginger Soup Greek Salad	Tomato Bisque Caesar	Loaded Potato Soup House Salad	Maryland Crab Soup Garden Salad	Vegetable Soup Caesar Salad	Past Fagioli House Salad	Lentil and Tomato Soup Mixed Green Salad
Turkey Meatloaf	Meatballs Pomodoro	Shrimp Risotto	Roast Turkey w/ Gravy	Chicken Stir fry	Chimichurri Flank Steak	Garlic Oregano Chicken
Honey Glazed Pork loin	Chicken Cacciatore	Chicken Risotto	Tilapia Vera Cruz	Sweet and Sour Pork	Chicken Marsala	Cajun Catfish
Cheddar Yukon Mashed Potatoes	Spaghetti	Roasted Mixed Squash	Mashed Potatoes	Brown Rice	Roasted Rosemary Potato	Wild Rice
Herbed Green Beans	Steamed Broccoli	Sauteed Spinach & Mushrooms	Steamed Green Beans	Stir Fried Vegetables	Cauliflower Bake	Glazed Carrots
Roasted Butternut Squash	Italian Green Beans	Brocc., Carrot & Cauliflower	Brussels Sprouts	Egg Roll	Sauteed Spinach	Braised Mustard Greens
Wheat Roll	Garlic Bread stick	Yeast Roll	Wheat Roll	Yeast Roll	Multigrain Roll	Wheat Dinner Roll
Spinach Quiche (SF,V)	Vegetarian Meatball Pomodoro (v)	Tofu Mushroom Risotto (V,GF)	Spinach Souffle(SF,V)	Stir Fry Beyond Beef Tips(SF,V)	Veg. Beyond Beef Stew (SF,V)	Vegetarian Beyond Sausage W/ Peppers& Onions (SF,V,)
Cherry Pie	Golden Fudge Cake	Tiramisu	Marbled Brownie	Chocolate Chip Cookies	Blueberry Pie	Carrot Cake