

Week Four Winter Menu

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

| Monday 1/13/24 | Tuesday 1/14/24 | Wednesday 1/15/24 | Thursday 1/16/24 | Friday 1/17/24 | Saturday 1/18/24 | Sunday 1/19/24 |
|--|---|--|--|---|--|--|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| <p style="text-align: center;">Oatmeal Assorted Cold Cereals</p> <p style="text-align: center;">Vegetable Scrambled Eggs</p> <p style="text-align: center;">Breakfast Meat and Potato Fresh Fruit and Breakfast Bread</p> <p style="text-align: center;">Orange Juice Coffee, Tea, Milk</p> | <p style="text-align: center;">Oatmeal Assorted Cold Cereals</p> <p style="text-align: center;">Scrambled Eggs</p> <p style="text-align: center;">Breakfast Meat and Potato Fresh Fruit and Breakfast Bread</p> <p style="text-align: center;">Orange Juice Coffee, Tea, Milk</p> | <p style="text-align: center;">Oatmeal Assorted Cold Cereals</p> <p style="text-align: center;">French Toast w/butter & syrup</p> <p style="text-align: center;">Breakfast Meat and Potato Scrambled Eggs Fresh Fruit</p> <p style="text-align: center;">Orange Juice Coffee, Tea, Milk</p> | <p style="text-align: center;">Oatmeal Assorted Cold Cereals</p> <p style="text-align: center;">Crustless Quiche with Vegetables</p> <p style="text-align: center;">Breakfast Meat and Potato Fresh Fruit and Breakfast Bread</p> <p style="text-align: center;">Orange Juice Coffee, Tea, Milk</p> | <p style="text-align: center;">Oatmeal Assorted Cold Cereals</p> <p style="text-align: center;">Omelet w/cheese</p> <p style="text-align: center;">Breakfast Meat and Potato Fresh Fruit and Breakfast Bread</p> <p style="text-align: center;">Orange Juice Coffee, Tea, Milk</p> | <p style="text-align: center;">Oatmeal Assorted Cold Cereals</p> <p style="text-align: center;">Two Eggs Over Hard</p> <p style="text-align: center;">Breakfast Meat and Potato Fresh Fruit and Breakfast Bread</p> <p style="text-align: center;">Orange Juice Coffee, Tea, Milk</p> | <p style="text-align: center;">Oatmeal Assorted Cold Cereals</p> <p style="text-align: center;">Scrambled Eggs</p> <p style="text-align: center;">Breakfast Meat and Potato Fresh Fruit and Breakfast Bread</p> <p style="text-align: center;">Orange Juice Coffee, Tea, Milk</p> |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| <p style="text-align: center;">Split Peas Soup (v)</p> <p style="text-align: center;">Broccoli and Cauliflower Salad</p> <p style="text-align: center;">BBQ Chicken Breast</p> <p style="text-align: center;">Ham and Swiss Sandwich</p> <p style="text-align: center;">Vegetable Burger (V)</p> <p style="text-align: center;">Whipped Sweet Potato</p> <p style="text-align: center;">Steamed Asparagus</p> <p style="text-align: center;">Mixed Fresh Fruit</p> | <p style="text-align: center;">Three Bean Chili (v)</p> <p style="text-align: center;">Marinated Tom./Cucumber Salad</p> <p style="text-align: center;">Hot Turkey Open Face Sand.w/Gravy</p> <p style="text-align: center;">Tuna Salad on Wheat</p> <p style="text-align: center;">Grilled Cheese and Tomato (v)</p> <p style="text-align: center;">Mash Potato</p> <p style="text-align: center;">Steamed Green Beans</p> <p style="text-align: center;">Oranges w/ Whipped Topping</p> | <p style="text-align: center;">Chicken Noodle Soup</p> <p style="text-align: center;">Asian Salad w/Sesame Vin.</p> <p style="text-align: center;">Crispy Sesame Chicken</p> <p style="text-align: center;">Turkey, Spinach Swiss Quiche</p> <p style="text-align: center;">Tofu Stir fry(V)</p> <p style="text-align: center;">Brown Rice</p> <p style="text-align: center;">Stir Fry Vegetables</p> <p style="text-align: center;">Cottage Cheese and Fruit</p> | <p style="text-align: center;">Vegetable Alphabet Soup (V)</p> <p style="text-align: center;">Macaroni Salad</p> <p style="text-align: center;">Rueben Sandwich</p> <p style="text-align: center;">Roast beef, Cheddar Sandwich</p> <p style="text-align: center;">Spanakopita(v)</p> <p style="text-align: center;">Onion Rings</p> <p style="text-align: center;">Mixed Vegetables</p> <p style="text-align: center;">Chocolate Oreo Parfait</p> | <p style="text-align: center;">Cream of Mushroom Soup (v)</p> <p style="text-align: center;">Cous cous Primavera</p> <p style="text-align: center;">Swedish meatballs</p> <p style="text-align: center;">Mongolian Beef Stir Fry</p> <p style="text-align: center;">Veg. Meatball Marinara (v)</p> <p style="text-align: center;">Egg Noodle</p> <p style="text-align: center;">Broc., Cauliflower, Carrots</p> <p style="text-align: center;">Bananas w/Vanilla pudding</p> | <p style="text-align: center;">Chicken Corn Chowder</p> <p style="text-align: center;">House Salad</p> <p style="text-align: center;">Chicken Tenders</p> <p style="text-align: center;">Cheeseburger</p> <p style="text-align: center;">Vegetarian Chick Nuggets w/ Sauce (V)</p> <p style="text-align: center;">Mac and Cheese</p> <p style="text-align: center;">Cole Slaw</p> <p style="text-align: center;">Fresh Fruit Cup</p> | <p style="text-align: center;">Potato Leek Soup</p> <p style="text-align: center;">Pasta Salad</p> <p style="text-align: center;">Cod Fish</p> <p style="text-align: center;">Grilled Chicken w/Let. Tom.</p> <p style="text-align: center;">Swiss Croissant/Let. Tom.(v)</p> <p style="text-align: center;">Wavy Fries</p> <p style="text-align: center;">Steamed Lima Beans</p> <p style="text-align: center;">Butterscotch Pudding</p> |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| <p style="text-align: center;">Split Peas Soup (v)</p> <p style="text-align: center;">Mixed Greens Salad</p> <p style="text-align: center;">Citrus Garlic Shrimp</p> <p style="text-align: center;">Turkey Meatloaf with Gravy</p> <p style="text-align: center;">Red Parslied Potatoes</p> <p style="text-align: center;">Steamed Broccoli</p> <p style="text-align: center;">Roasted Mixed Vegetables</p> <p style="text-align: center;">Yeast Roll</p> <p style="text-align: center;">Broccoli Quiche (V)</p> <p style="text-align: center;">Oatmeal Raisin Cookies</p> | <p style="text-align: center;">Three Bean Chili (v)</p> <p style="text-align: center;">Caesar Salad</p> <p style="text-align: center;">Pepper Steak</p> <p style="text-align: center;">Teriyaki Chicken Breast</p> <p style="text-align: center;">Mixed Vegetable Rice</p> <p style="text-align: center;">Stir Fry Vegetables</p> <p style="text-align: center;">Roasted Cauliflower</p> <p style="text-align: center;">Multigrain roll</p> <p style="text-align: center;">Beyond Beef Broccoli Stir-fry (V)</p> <p style="text-align: center;">Blueberry Pie</p> | <p style="text-align: center;">Chicken Noodle Soup</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Beer Batter Alaskan Cod</p> <p style="text-align: center;">Green Chili Pork Stew</p> <p style="text-align: center;">Roasted Sweet Potatoes</p> <p style="text-align: center;">Steamed Corn</p> <p style="text-align: center;">Sauteed Kale and Onions</p> <p style="text-align: center;">Hawaiian Roll</p> <p style="text-align: center;">Vegetable Stew (V,GF,SF,VG)</p> <p style="text-align: center;">Apple Cobbler</p> | <p style="text-align: center;">Vegetable Alphabet Soup (V)</p> <p style="text-align: center;">Greek Salad</p> <p style="text-align: center;">Baked Greek Herb Chicken</p> <p style="text-align: center;">Lemon Baked Tilapia</p> <p style="text-align: center;">Orzo with Tomatoes</p> <p style="text-align: center;">Glazed Carrot Coins</p> <p style="text-align: center;">Sauteed Collard Greens</p> <p style="text-align: center;">Yeast Roll</p> <p style="text-align: center;">Beyond Beef Loaf (V)</p> <p style="text-align: center;">Pumpkin Pie</p> | <p style="text-align: center;">Cream of Mushroom Soup (v)</p> <p style="text-align: center;">House Salad</p> <p style="text-align: center;">Liver and Onions</p> <p style="text-align: center;">Seafood New burg</p> <p style="text-align: center;">Polenta</p> <p style="text-align: center;">Steamed Peas</p> <p style="text-align: center;">Zucchini and Mushrooms</p> <p style="text-align: center;">Wheat Dinner Roll</p> <p style="text-align: center;">Beyond Sausage w/Peppers & Onions (V)</p> <p style="text-align: center;">Cheesecake w/Berry sauce</p> | <p style="text-align: center;">Chicken Corn Chowder</p> <p style="text-align: center;">Spinach Salad</p> <p style="text-align: center;">Beef Shepards Pie</p> <p style="text-align: center;">Stuffed Pork loin</p> <p style="text-align: center;">Wild Rice</p> <p style="text-align: center;">Green Beans Wax Bean Carrot</p> <p style="text-align: center;">Succotash</p> <p style="text-align: center;">Multigrain Roll</p> <p style="text-align: center;">Marinated Roasted Tofu (V)</p> <p style="text-align: center;">Butter Toffee Cake</p> | <p style="text-align: center;">Potato Leek Soup</p> <p style="text-align: center;">Garden Salad</p> <p style="text-align: center;">Salisbury Steak and Gravy</p> <p style="text-align: center;">Chicken Fried Steak with Gravy</p> <p style="text-align: center;">Mashed potatoes</p> <p style="text-align: center;">Spinach and Mushrooms</p> <p style="text-align: center;">Braised Cabbage and Carrots</p> <p style="text-align: center;">Yeast Roll</p> <p style="text-align: center;">Veggie Chicken Parmesan (V)</p> <p style="text-align: center;">Chocolate Cake</p> |