

Week Three Fall Menu 2025

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

Monday 12/8/25	Tuesday 12/9/25	Wednesday 12/10/25	Thursday 12/11/25	Friday 12/12/25	Saturday 12/13/25	Sunday 12/14/25
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals Veggies & Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Blueberry Pancakes Breakfast Meat and Potato Fresh Fruit Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Crustless Quiche Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Cheese Omelet Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Tomato Soup Spinach Salad Tuna Melt on Wheat Italian Hoagie Grilled Cheese w/ Tomato (V) Roasted Potato Steamed Green Beans Vanilla Pudding w/Banana	Loaded Potato Soup Broccoli Salad Roast Beef, Cheddar on Rye Chicken salad Croissant Vegetable Pasta w/ Butter noodles (V) Cauliflower Mash Peas and Mushrooms Mandarin Oranges	Turkey Noodle Chickpea Salad Philly Cheese Steak Grilled Chicken Sandwich w/ Toppings Swiss Let. Tom. Croissant (V) Tator Tots Baby Carrots/Green beans Peaches Orange Crème	Maryland Crab Soup Pasta Salad Ham, Cheese on White Egg Salad Sandwich on Wheat Veg. Garden Burger(V) Cole Slaw Steamed Spinach Fresh Mixed Fruits	French Onion Soup Edamame & Corn Salad Chicken Tortellini Alfredo Meatball Sub w/Cheese Veg. Chicken Parmesan (V) Lima Beans Roasted Vegetables Diced Pears	Past Fagioli Macaroni Salad Pulled BBQ Beef Sandwich Rueben Sandwich Veg. Meatball Sub (v) Baked Beans Steamed Corn Cottage Cheese with Fruit	Lentil and Tomato Soup Tomato Cucumber salad Turkey Cheese Croissant w/Let. Tom. Bacon, Lettuce, Tomato Sandwich Vegetable Quiche (V) Onion Rings Steamed Broccoli Fresh Melon Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tomato Soup Greek Salad Grilled Flank Steak with Burgundy Sauce Chicken Marsala Mash Potato Ginger Baby Carrots Mixed Vegetable Multigrain Roll Veg. Beyond Beef Stew (SF,V) Apple Pie	Loaded Potato Soup Caesar Garlic Oregano Chicken Salmon Cake Wild Rice Cauliflower Bake Braised Mustard Greens Wheat Dinner Roll Vegt. Chicken w/Tomato Basil sauce (V) Carrot Cake	Turkey Noodle House Salad Cajun Catfish Honey Glazed Pork loin Whipped Sweet Potatoes Steamed Broccoli Roasted Okra and Tomatoes Cornbread Spinach Quiche (SF,V) Tiramisu	Maryland Crab Soup Garden Salad Braised Rosemary Leg of Lamb Sweet and Sour Chicken Herbed Brown Rice Sugar Snap Peas Mixed Multicolor Carrots Yeast Roll Roasted Tofu (V, VG,GF) Sweet Potato Pie	French Onion Soup Caesar Salad Pesto Shrimp Turkey Meatballs (3) Spaghetti Roasted Squash medley Steamed Peas Garlic Bread stick Vegetarian Meatball Pomodoro (V,VG) Coconut Cake	Past Fagioli House Salad Yankee Pot Roast Tilapia Vera Cruz Au Gratin Potato Sauteed Collards Italian Green Beans Wheat Roll Spinach Souffle(SF,V) Marbled Brownie	Lentil and Tomato Soup Mixed Green Salad Chicken Cordon Blue w/ Mustard Cream Sauce Stuffed Pepper w/Beef& Rice Roasted Rosemary Potato Braised Cabbage and Apple Wax Bean, Green bean, Baby Carrot Yeast Roll Vegt. Chicken with Mustard Cream Sauce (V) Chocolate Chip Cookies