



Week One Winter Menu 2025

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

Monday 1/19/25	Tuesday 1/20/25	Wednesday 1/21/25	Thursday 1/22/25	Friday 1/23/25	Saturday 1/24/25	Sunday 1/25/25
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals Vegetable Scrambled Eggs	Oatmeal Assorted Cold Cereals Scrambled Eggs	Oatmeal Assorted Cold Cereals Banana Pancake	Oatmeal Assorted Cold Cereals Crustless Quiche	Oatmeal Assorted Cold Cereals Omelet with Cheese	Oatmeal Assorted Cold Cereals Scrambled Eggs	Oatmeal Assorted Cold Cereals Scrambled Eggs with Cheese
Breakfast Meat and Potato Fresh Fruit and Breakfast Bread	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread	Breakfast Meat and Potato Fresh Fruit and Scrambled egg	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread	Breakfast Meat and Potato Fresh Fruit and Breakfast Bread
Orange Juice Coffee, Tea, Milk	Orange Juice Coffee, Tea, Milk	Orange Juice Coffee, Tea, Milk	Orange Juice Coffee, Tea, Milk	Orange Juice Coffee, Tea, Milk	Orange Juice Coffee, Tea, Milk	Orange Juice Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Lentil And Spinach Soup (V) White Bean, Artichoke Salad	Three Bean Chili (V) Caesar Salad	New England Clam Chowder Chic Peas and Greens	Minestrone Tomato Cucumber Salad	White Bean and Cabbage Soup Corn Salad	Cream of Mushroom (V) Dill potato salad	Chicken Orzo House Salad
Roast beef Swiss Melt Quiche Loraine Avocado, Tomato, Basil Mozz. Sand.(V) Macaroni Salad	Turkey Rueben Egg Salad on Wheat Grilled Cheese & Spinach Sand. (V) Sweet Potatoes	Philly Chicken Cheesesteak Crispy Cod with lemon Vegt. Chicken Cheesesteak (V) Steamed Rice	Chili Hot Dog Hawaiian Turkey Burger Pineapple Veggie Burger (V) Tator Tots	Pulled BBQ Chicken Cheeseburger w/ toppings BBQ Tofu (v) Cole Slaw	Sloppy Joe Sandwich Chicken Salad on Wheat White Bean Pesto Gnocchi (v) Roasted Potatoes	Tuna Salad Croissant Italian Sub w/Lett., Tom. Dressing Grilled Cheese (v) Steamed Corn
Steamed Carrot Coins Chunky Applesauce	Sauteed Spinach Chilled Pear Halves	Peas and Mushrooms Grapes and Yogurt	Mixed Vegetables Cake w/ Berries and Cream	Streamed Broccoli Diced Peaches w/ Whip Cream	Steamed Lima Beans Fruit Cocktail Gelatin	Chips Vanilla Pudding Parfait
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Lentil And Spinach Soup (V) House Salad	Three Bean Chili (V) Cobb Salad	New England Clam Chowder Mixed green Salad	Minestrone Garden Salad	White Bean and Cabbage Soup Tossed salad	Cream of Mushroom (V) Caesar	Chicken Orzo Spinach Salad
Meatloaf	Honey, Soy, Garlic Tilapia	Spaghetti Meat Sauce	Chimichurri Flank Steak	Shrimp w/ Spinach Tomatoes and Creamy Garlic Sauce	Baked Cornflake Chicken Breast	Chicken Fricassee
BBQ Pork Loin	Pineapple Teriyaki Chicken Stuffed Pepper	Cod Cakes	Stuffed Apple Chicken Breast	Turkey Ala King	Seasoned Catfish with Shrimp Sauce	Italian Sausage w/ Peppers Onions
Mashed Potatoes	Brown Rice	Diced Roasted Sweet Potato	Cilantro Lime Rice	Parslied Egg Noodles	Parslied Potato	Rice and Bean
Steamed Green beans	Stir Fry Vegetables	Steamed Cauliflower	Sauteed Spinach and Onions	Cut Green beans	Sauteed Collards	Steamed Broccoli
Roasted Mixed Vegetables	Steamed Peas	Sauteed Kale	Roasted Squash Medley	Braised Cabbage and Greens	Corn O'Brien	Roasted Butternut Squash
Yeast Roll	Multigrain Roll	Garlic Bread Stick	Wheat Dinner Roll	Multigrain roll	Corn Bread	Yeast Roll
Lentil Meatloaf (V)	Vegt. Meatballs w/Sweet-sour sauce (GF,V)	Spaghetti Vegetable Marinara (V)	Southwest Vegetable Casserole (V,GF)	Vegt. Bratz and Black-eyed Peas (V)	Roasted Chic Pea Stew (V)	Vegetable Quiche (V,SF)
Pecan Pie	Key Lime Pie	Chocolate Peanut Butter Cake	Apple Almond Crisp	Lemon Pound Cake with Blueberries	Strawberry Shortcake Cookies	Chocolate Cream Pie