



Weekly Lunch Menu I

Week of Sun., September 24th through Sat., September 30th 2017

Sunday

Tuscan White Bean Soup
Spinach Salad w/ Mushrooms
Chopped Eggs, Red Onions
Roast Beef Sandwich
w/ Swiss, Pesto & Mushrooms
Thai Chicken Salad
Green Beans with Mushrooms
French Fries
Egg Custard

Tuesday

Tomato Garlic Soup
House Greens Salad w/
Parmesan Cheese, Olives, Artichoke & Croutons
Pepperoni, Cheese, Spinach, Artichoke Pizza
Nicoise Salmon Salad
Roasted Zucchini Wedges
Parmesan Orzo
Strawberry & Banana Parfait

Thursday

Minty Zucchini Soup
Mix Greens Salad w/
Goat Cheese, Apples, Toasted Almonds
Chinese Chicken Salad Bar
Steamed Ginger Lemon Trout
Edame Succotash
Brown Rice and Lentils
Ice Cream Sandwich

Monday

Turkey Noodle Soup
Mix Greens Salad w/
Tomatoes, Fresh Mozzarella & Basil
Vera Cruz Tilapia
Apple Farro Salad with Chicken
Fresh Braised Greens
Herb Polenta
White Chocolate Macadamia
Nut Cookie

Wednesday

Chicken Rice Soup
Iceberg Wedge w/ Blue Cheese
Bacon & Cherry Tomatoes
Turkey Rachel Sandwich
Mediterranean Salad with Tuna
Peas
Baked Fingerling Potatoes
Caramel Apple Cupcakes

Friday

New England Clam Chowder
Spinach Salad w/ Strawberries,
Toasted Walnuts, Feta Cheese
Marinated Italian Vegetable Salad
California Chicken Sandwich
Rosemary Carrots
Bistro Chips
7 Layer Bar

Saturday

Mushroom Barley Soup
House Greens Salad w/
Carrots, Cucumber, Tomatoes
Quiche, Spinach and Cheese
Shrimp Salad on Croissant
Fresh Roasted Asparagus
Oatmeal Raisin Cookie



Weekly Dinner Menu I

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Sunday

Corn Soup
Spinach Salad w/
Mushrooms, Chopped Eggs, Red Onion
Barbecued Baby Back Ribs
Chicken Tenders
Coleslaw
Mashed Sweet Potatoes
Corn Muffin
Peach Pie

Tuesday

Lentil and Spinach Soup
House Greens Salad w/
Parmesan, Olives, Artichoke & Croutons
Flank Steak w/ Balsamic Sauce
Moroccan Chicken
Broccoli
Steamed White Rice
Lemon Bars

Thursday

Patchwork Soup
Mix Greens Salad w/
Goat Cheese, Apples, Toasted Almonds
Braised Beef Tips
Chicken and Mushrooms
Snap Peas & Red Pepper
Corn Risotto
French Bread
Blueberry Crisp

Monday

Vegetarian Vegetable Soup
Mix Greens Salad w/
Tomatoes, Fresh Mozzarella & Basil
Stuffed Portabella
Citrus Marinated Pork Loin
Summer Squash with Onion
Roasted Red Potatoes
Whole Wheat Roll
German Chocolate Cake

Wednesday

French Onion Soup
Iceberg Wedge w/ Blue Cheese, Bacon, Tomatoes
Cod Picatta
Baked Penne with Sausage
Roasted Eggplant and Tomato
Herbed Quinoa
Garlic Bread
Mango Bread Pudding

Friday

Pasta Fagioli Soup
Spinach Salad w/ Strawberries,
Toasted Walnuts, Feta Cheese
Baked Fish with Tomatoes
Slow Roasted Pork Carnitas
Sautéed Spinach
Onion Couscous
Dinner Roll
Brownie & Strawberry Trifle

Saturday

Potato and Kale Soup
House Greens w/ Carrots, Cucumber, Tomato
Eggplant and Lamb Moussaka
Lemon Marinated Chicken with
Lemon Chicken Veloute
Roasted Brussels Sprouts
Fettuccine
Whole Wheat Bread
Cherry Pie