

### Sunday

<b>Soup</b> — White Bean	Salad — Petite Spinach
Baked Ham	Salisbury Steak with Gravy
Candied Yams & Steamed Broccoli	Mashed Potatoes & Lima Beans
<b>Dessert</b> — Lemon Pie	

### Monday

<b>Soup</b> — Minestrone	
Herbed Black Chicken	Citrus Pork Loin
Red Potatoes & Steamed Carrots	Red Roasted Potatoes & Sautéed Spinach
<b>Dessert</b> — Blueberry Angel Food Cake	

### Tuesday

<b>Soup</b> — Cream of Tomato	
Baked Vera Cruz Fish	Roasted Turkey
Garlic Orzo & Sautéed Zucchini	Mashed Potatoes & Corn with Pimentos
<b>Dessert</b> — Pineapple Upside Down Cake	

### Wednesday

<b>Soup</b> — Potato	<b>Salad</b> — Caesar
Dijon Crusted Chicken	Pineapple Glazed Ham
Brown Rice & Baked Winter Squash	Brown Rice & Brussel Sprouts
<b>Dessert</b> — White Chocolate Mousse	

### Thursday

<b>Soup</b> — French Onion	
Roast Beef	Shrimp Basket
Baked Potato & Peas	Roasted Carrots
<b>Dessert</b> — Cherry Pie	

### Friday

<b>Soup</b> — New England Clam Chowder	
Baked Tilapia	Patty Melt with Lettuce/Tomato/Pickle
Barely Pilaf Vegetable Medley	Steak Fries
<b>Dessert</b> — Cheesecake	

### Saturday

<b>Soup</b> — Egg Drop	
Chicken Parmesan	Sweet & Sour Pork
Spaghetti & Brussel Sprouts/Pearl Onions	White Rice & Asian Blend Vegetables
<b>Dessert</b> — Peach Cobbler	

### Sunday

**Soup** — Vegetable

Fish and Chips  
Sautéed Squash

Chicken Salad Sandwich  
Pickled Beets & Dinner Roll

**Dessert** — Ice Cream

### Monday

**Soup** — Cream of Broccoli

Cheese Sandwich  
Coleslaw & Green Peas

Turkey Ala King  
Buttered Noodles and Green Peas

**Dessert** — Fruited Jell-O

### Tuesday

**Soup** — Beef Noodle

**Salad** — Mixed Greens

Chicken Quesadilla  
Vegetable Medley

Gyro Plate  
With Cucumber Sauce, Tomatoes & Onions

**Dessert** — Pudding Parfait

### Wednesday

**Soup** — Turkey & Rice

Grilled Reuben  
Potato Wedges, Coleslaw

Chef Salad  
Julienne of Ham, Turkey & Cheeses

**Dessert** — Chocolate Chip Cookies

### Thursday

**Soup** — Butternut Squash

Chicken Pot Pie  
Green Beans & whole Grain Roll

Pasta Primavera  
Green Beans & Dinner Roll

**Dessert** — Fudge Brownie

### Friday

**Soup** — Lentil

**Salad** — Broccoli Slaw

Roast Beef & Cheddar Panini  
Italian Flat Beans

Crispy Fish Sandwich  
Italian Flat Beans

**Dessert** — Ice Cream

### Saturday

**Soup** — Beef Barley

Sloppy Joe  
Grilled Vegetable & Four-bean salad

Grilled Turkey Burger  
Grilled Vegetable & Four-bean salad

**Dessert** — Lemon Bar

### Sunday

**Soup** — Chicken Orzo

**Salad** — Mixed Green

Pot Roast

Ginger Glazed Catfish

Au Gratin Potatoes & Roasted Cauliflower

Mashed Potatoes & Sautéed Spinach

**Dessert** — Lemon Angel Food Cake

### Monday

**Soup** — Cream of Asparagus

Lemon Mustard Turkey Breast

Cheese Ravioli with Meat Sauce

Oven-Browned New Potatoes & Winter Squash

Wax Beans

**Dessert** — Cappuccino Mousse

### Tuesday

**Soup** — Chicken & Wild Rice

Smothered Pork Chop

Beef with Pepper Stir Fry

Mashed Potatoes & Sugar Snap Peas

White Rice & Steamed Carrots

**Dessert** — Apple Pie

### Wednesday

**Soup** — Potato

**Salad** — Black-eyed Bean

Lemon Dill Cod

Manicotti with Marinara

Brown Rice & Roasted Beets

Sautéed Cabbage

**Dessert** — Banana Cake

### Thursday

**Soup** — Italian Wedding

BBQ Pork Ribs

Crispy Oven-Baked Chicken

Sweet Potato Soufflé Vegetable Medley

Sweet Potato Soufflé Vegetable Medley

**Dessert** — Coconut Cream Pie

### Friday

**Soup** — Manhattan Clam Chowder

Meatloaf

Baked Pollack

Mashed Potatoes & Peas/Mushrooms

Mashed Potatoes & Turnips Au Gratin

**Dessert** — Cherry Cake

### Saturday

**Soup** — Split Pea

Fried Chicken

Shepard's Pie

Mashed Potatoes & Steamed Broccoli

Mashed Potatoes & Roasted Baby Carrots

**Dessert** — Blueberry Cobbler

### Sunday

**Soup** — Tomato Basil

Grilled Cheese Sandwich

Bistro Chips

**Salad** — Carrot Raisin

Cottage Cheese & Fruit

Muffin

**Dessert** — Ice Cream

### Monday

**Soup** — Beef Vegetable

Hot Roast Beef Sandwich

Red Cabbage & Apple Salad

Classic Caesar Salad with Flank Steak

Bread Stick

**Dessert** — Cream Cheese Brownie

### Tuesday

**Soup** — Broccoli Cheese

Chicken Fingers with Dip

Zucchini & Fresh Fruit Cup

Potato & Cheese Pierogi

Sauerkraut

**Dessert** — Lemon Pudding Parfait

### Wednesday

**Soup** — Hearty Vegetable

Chicken Salad Plate with Fruit

Whole Wheat Roll

**Salad** — Mixed Green

Hot Ham & Swiss Sandwich

Green Beans

**Dessert** — Sugar Cookies

### Thursday

**Soup** — Cuban Black Bean & Rice

Beef Stroganoff

Egg Noodles

Southwest Turkey Salad

Broccoli

**Dessert** — Watermelon

### Friday

**Soup** — Chicken Noodle

Italian Submarine

Summer Squash

**Salad** — Caesar

Bowtie Alfredo with Chicken

Marinated Italian Vegetables & Garlic Toast

**Dessert** — Ice Cream

### Saturday

**Soup** — Winter Vegetable

Turkey Club on Whole Wheat Toast

Potato Wedge & Marinated Mushrooms

Hot Dog

Potato Wedge & Peas

**Dessert** — Oatmeal Raisin Cookies

### Sunday

**Soup** — Navy Bean

Rotisserie Style Turkey Breast  
Baked Potato & Green Beans

**Salad** — Wedge

Cheese Tortellini with Alfredo Sauce Vegetable  
Medley & Dinner Roll

**Dessert** — Chocolate Pie

### Monday

**Soup** — Mushroom and Barley

Chicken & Dumplings

Baked Fish

Zucchini with Diced Peppers

Sautéed Mushrooms & Scalloped Potatoes

**Dessert** — Angel Food Cake with Fruit Topping

### Tuesday

**Soup** — Beef Vegetable

Roast Pork Loin

Chicken Teriyaki

Rosemary Potatoes & Dilled Carrots

Fried Rice & Asian Blend Vegetables

**Dessert** — Blueberry Crisp

### Wednesday

**Soup** — Lemon Chicken Greek

Beef Stroganoff

Dijon Herb-crusted Tilapia

Egg Noodles & Vegetable Medley

Brown Rice Sautéed Spinach & Roll

**Dessert** — Apple Sauce Cake

### Thursday

**Soup** — Garden Vegetable

Chicken with Artichokes & Mushrooms

Cheese Ravioli with Marinara Sauce

Wild Rice & Roasted Root Vegetables

Buttered Lima Beans & Garlic Bread

**Dessert** — Peach Pie

### Friday

**Soup** — Cream of Chicken

Liver & Onions

Eggplant Parmesan

Scalloped Potatoes & Stewed Tomatoes

Rotini Pasta & Asparagus

**Dessert** — Chocolate Cheesecake

### Saturday

**Soup** — Cream of Tomato

Carolina BBQ Pork Sandwich

Chicken Broccoli Casserole

Barley with Mushrooms Peas & Onions

Vegetable Medley & Dinner Roll

**Dessert** — Apple Cobbler

### Sunday

**Soup** — Cream of Mushroom  
Baked Ziti with Sausage  
Carrots and Dinner Roll

**Salad** — Mixed Greens  
Ham & Cheese Sandwich  
Carrots

**Dessert** — Ice Cream

### Monday

**Soup** — Pumpkin  
Hot Pastrami  
Served with Green Beans

**Salad** — Chopped Vegetable  
Egg Salad  
Served with Green Peas

**Dessert** — Fresh Fruit

### Tuesday

**Soup** — Pepper Cabbage  
Open-faced Roast Beef Sandwich  
Mashed Potato & Roasted Carrots

**Salad** — Cucumber & Onion  
Macaroni & Cheese  
Served with Roasted Carrots

**Dessert** — Bread Pudding

### Wednesday

**Soup** — Yellow Split Pea  
Turkey Ala King  
Broccoli & Dinner Roll

**Salad** — Garbanzo Bean  
Tuna Melt  
Served with Broccoli

**Dessert** — Assorted Cookies

### Thursday

**Soup** — Cream of Red Pepper  
Chicken Wings  
Tater Tots & Pickled Vegetables

Deluxe Hamburger  
Hush Puppies & Cauliflower

**Dessert** — Fudge Brownie

### Friday

**Soup** — New England Clam Chowder  
Fried Catfish  
Hush Puppies Coleslaw & Cornbread

Sausage Pepper & Onion Sandwich  
Coleslaw

**Dessert** — Ice Cream

### Saturday

**Soup** — Turkey with Wild Rice  
Grilled Chicken Sandwich  
Home Fried Potatoes & Winter Squash

Salmon Patty  
Fried Potato & Cucumber

**Dessert** — Assorted Cookies



### Sunday

**Soup** — Cream of Vegetable

Chicken Cacciatore

Whole Wheat Penne, Green Beans & Garlic Bread

**Salad** — Carrot Raisin

Bacon, Turkey & Cheddar Sandwich

Lettuce, Tomato, Pickle & Green Beans

**Dessert** — Ice Cream

### Monday

**Soup** — Creamy Lentil

Beef Pot Pie

Buttered Carrots & Dinner Roll

**Salad** — Spinach

Grilled Cheese & Tomato

Steak Fries & Cauliflower

**Dessert** — Sugar Cookies

### Tuesday

**Soup** — Pasta Fagioli

Turkey Tortilla Casserole

Carrots

**Salad** — Zucchini Apple Slaw

Country Fried Steak

Mashed Potato & Carrots

**Dessert** — Pudding Parfait

### Wednesday

**Soup** — Five Bean

Tuna Salad Sandwich with Broccoli

Beef Quesadilla with Pinto Beans & Corn Relish

**Dessert** — Fresh Fruit

### Thursday

**Soup** — Cream of Mushroom

Grilled Chicken Sandwich

Macaroni Salad & Green Beans

**Salad** — Chopped Slaw

Hot Dog

Macaroni Salad & Green Beans

**Dessert** — Turtle Brownie Bites

### Friday

**Soup** — Wisconsin Cheddar

French Dip

Sweet Potato Fries & Buttered Peas

**Salad** — Marinated Cucumbers

Loaded Turkey Chili

Cornbread

**Dessert** — Ice Cream

### Saturday

**Soup** — Mulligatawny

Baked Ziti with Meat sauce

Marinated Italian Vegetables & Dinner Roll

Chicken Tenders with Ranch

Tater Tots & Marinated Italian Vegetables

**Dessert** — Oatmeal Cookies