

MENU CYCLE: Spring/ Summer Week 6

July 30, 2017 - August 5, 2017

Lunch Menu	Dinner Menu
11:30 am - 1:00 pm	4:00 pm - 6:00 pm

	Sunday July 30th	Monday July 31st	Tuesday August 1st	Wednesday August 2nd	Thursday August 3rd	Friday August 4th	Saturday August 5th
LUNCH	SUNDAY BRUNCH	<u>Soup</u> Vegetable & White Bean Choice of: Salad, Wrap, Panni or Sandwich Applesauce ~ Coffee or Tea	<u>Soup</u> Mulligatawny Soup Choice of: Salad, Wrap, Panni or Sandwich Fruit Salad ~ Coffee or Tea	<u>Soup</u> Corn Chowder Choice of: Salad, Wrap, Panni or Sandwich Sliced Apples ~ Coffee or Tea	<u>Soup</u> Carrot & Ginger Soup Choice of: Salad, Wrap, Panni or Sandwich Pears w/ Cottage Cheese ~ Coffee or Tea	<u>Soup</u> New England Clam Chowder Choice of: Salad, Wrap, Panni or Sandwich Peaches ~ Coffee or Tea	<u>Soup</u> Chicken Noodle Soup Choice of: Salad, Wrap, Panni or Sandwich Banana ~ Coffee or Tea
		Omellette Station	<u>Soup</u> Vegetable & White Bean	<u>Soup</u> Mulligatawny Soup	<u>Soup</u> Corn Chowder	<u>Soup</u> Carrot & Ginger Soup	<u>Soup</u> New England Clam Chowder
DINNER	Eggs to Order	<u>Salad</u> Caesar	<u>Salad</u> Couscous	<u>Salad</u> Cucumber Tomatoe	<u>Salad</u> Tabouli	<u>Salad</u> Asian Salad	<u>Salad</u> Spinach & Walnut Salad
	Waffles	<u>Entrée: Select one</u>	<u>Entrée: Select one</u>	<u>Entrée: Select one</u>	<u>Entrée: Select one</u>	<u>Entrée: Select one</u>	<u>Entrée: Select one</u>
	Baked Chicken	Flank Steak with Mushrooms	Chicken Tikka Masala	Turkey Salisbury Steak	Jerk Chicken	Kung Po Chicken	Turkey Mac Casserole
	Breakfast Potatoes	Baked Salmon	Fish Korma	Lemon Pepper Shrimp	Baked Haddock	Sweet & Sour Shrimp	Baked Flounder
	Bacon, Sausage or Turkey Patty	Baked Tortellini with White Beans & Kale	Curried Spinach Bake	Veggie Paella	Chickpea & Veggie Stew	Tofu in Peanut Sauce	Pasta Primavera
	Oatmeal	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>
	Steamed Vegetables	Buttered Noodles	Steamed Rice	Mashed Sweet Potatoes	Rice & Peas	Sticky Rice	Sweet Potato Fries
	Assorted Pastries	Wax Beans	Braised Cabbage	Vegetable Medley	Fried Plantains	Seasame Green Beans	Stewed Tomatoes
		Peas & Carrots	Broccoli	Green Bean Casserole	Braised Cabbage	Steamed Broccoli	Baby Carrots
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	Whole Wheat Dinner Rolls	Flad Bread/Naan	Artisan Bread	Cheddar Biscuits	Spring Roll	Garlic Bread	
	<u>Dessert</u>	<u>Dessert</u>	<u>Dessert</u>	<u>Dessert</u>	<u>Dessert</u>	<u>Dessert</u>	
	Carrot Cake	Sorbet	Apple Pie	Chocolate Meringue Pie	Assorted Cookies	Lemon Cake	
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	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	
	Cold Beverage	Cold Beverage	Cold Beverage	Cold Beverage	Cold Beverage	Cold Beverage	

Registered Dietitian: Rose Clifford

Director of Food Service: Nigel Stewart