

SPRING 2021 SIX-WEEK SAMPLE MENU – effective March 22nd

	MONDAY	OPTION 2	WEDNESDAY	OPTION TWO	FRIDAY	OPTION TWO
WEEK ONE	Chicken a la King Sunrise Vegetable Mashed Potatoes Yellow Pea Soup Chocolate Brownie Square	Chef Salad w/Ham, Smoked Turkey, Cheese Boiled Egg	Beef &Vegetable Stew with Peas Mashed Potatoes Cream of Cauliflower Soup Spiced Apple Cobbler	Chicken Parmesan Tomato Sauce Italian Mixed Vegetable Orzo Pasta	Roast Pork Loin w/Savory Stuffing Pan Gravy & Apple Sauce Roasted Potatoes Vegetable Medley Carrot Cake	Salisbury Steak Onion Gravy Mixed Vegetable Potatoes
WEEK TWO	Turkey Schnitzel with Mushroom Sauce Broccoli, Carrots Mashed Potatoes Tomato Basil Soup Lemon Pudding	Spinach & Mushroom Frittata Herbed Tomato Parmesan Hash Brown Potatoes	Beef Stroganoff Vegetable Medley Egg Noodles Butternut Squash Soup Orange Chocolate Delight	Chinese Orange Sesame Chicken Oriental Vegetable Steamed Rice	Roast Beef w/Pan Gravy Roasted Potatoes Peas, Carrots Mushroom Soup English Trifle	Vegetarian Lasagna Romaine Salad Caesar Dressing Dinner Bun
WEEK THREE	Chicken Thighs w/ Bacon, Mushroom & Onion Sauce Vegetable Medley Mashed Potatoes Lentil Soup Pineapple Bavarian Cream	Three Cheese Ravioli Fire Grilled Tomato & Red Pepper Sauce Green Salad Italian Dressing	Turkey Tetrazzini Over Rice Italian Mixed Vegetables Beef &Vegetable Soup German Chocolate Cake	Pesto Crusted Salmon Parmesan Cream Sauce Broccoli, Carrots Parsley Boiled Potatoes	Pork & Beef Meatloaf with Gravy Corn, Green Beans Roasted Potatoes Cheesecake Cherry Topping	California Chicken Stir Fry Rice
WEEK FOUR	Chicken Cordon Bleu w/Wine Sauce Rice Pilaf California Mixed Vegetable Mushroom Soup Banana Pudding	Spinach & Cheese Cannelloni Pesto Cream Sauce Italian Vegetable	Hawaiian Meatballs Sweet& Sour Pineapple Sauce On Rice Oriental Veggies Won Ton Soup Coconut Cream Pie	Chef Salad w/Ham, Smoked Turkey, Cheese Boiled Egg	Greek Style Chicken Breast & Herb Roasted Potatoes Broccoli, Carrots Greek Bean Soup Blueberry Coffee Cake	Breaded Pork Cutlet Mushroom Gravy Mashed Potatoes Vegetable Medley
WEEK FIVE	Cottage Roll Green Beans Butternut Squash Gratin Potatoes Chicken Noodle Soup Apple Crisp	BBQ Chicken Breast Green Salad Dinner Bun	Beef & Mushroom Pie Peas & Carrots Mashed Potatoes Cr. of Broccoli Soup Lemon Cream Cheese Square	Chicken Chow Mein	Roast Turkey Breast Gravy & Cranberry BSprouts Carrots Roast Potatoes Tomato Veg Soup Chocolate Pudding	London Broil Mushroom Gravy Veg. Medley Roasted Potatoes
WEEK SIX	Hawaiian Baked Chicken Breast Sweet& Sour Sauce Stir Veggies Rice Pilaf Carrot Ginger Soup	Spaghetti Bolognese Bun	Swedish Meatballs Vegetable Medley Noodles Minestrone Soup Chef's Choice Dessert	Breaded Cod Loin Tartar Sauce Potato Wedges Vegetable Medley	Korean BBQ Pork Tenderloin Asian Veggies Steamed Jasmine Rice Won Ton Soup Pineapple Delight	Honey Garlic Chicken Drumsticks W/ Ranch Dipping Sauce Potato Wedges Romaine Salad Caesar Dressing