

Sunday 1/29/17	Monday 1/30/17	Tuesday 1/31/17	Wednesday 2/1/17	Thursday 2/2/17	Friday 2/3/17	Saturday 2/4/17
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
ASSORTED JUICES COLD CEREAL OR OATMEAL SCRAMBLED EGGS & CHEESE BUTTERMILK BISCUIT FRESH FRUIT CUP	ASSORTED JUICES COLD CEREAL OR CREAM OF WHEAT CHEESE BLINTZES WITH SOUR CREAM FRESH FRUIT CUP	ASSORTED JUICES COLD CEREAL OR CREAM OF RICE PANCAKES & VEGGIE BREAKFAST LINKS FRESH FRUIT CUP	ASSORTED JUICES COLD CEREAL OR OATMEAL FRENCH TOAST & CRISPY HASH BROWNS FRESH FRUIT CUP	ASSORTED JUICES COLD CEREAL OR CREAM OF WHEAT SCRAMBLED EGGS WITH BREAKFAST POTATOES PLAIN OR WHEAT BAGEL FRESH FRUIT CUP	ASSORTED JUICES COLD CEREAL OR CREAM OF RICE BLUEBERRY PANCAKES W/ VEGGIE BREAKFAST LINKS FRESH FRUIT CUP	ASSORTED JUICES COLD CEREAL PEACHES AND CREAM PARFAIT DANISH OR CORN MUFFIN FRESH FRUIT CUP
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
BLACK BEAN SOUP LEMON DILL FISH CHEESE STRATA RICE PILAF STEAMED BROCCOLI OR GARDEN SALAD LEMON MERINGUE PIE	LENTIL SPINACH SOUP VEGETABLE LO MEIN LOX & BAGEL PLATE WITH LET,TOM,ONION,CR CHEESE VEGETARIAN EGG ROLL BROWNIES	MINISTRONE SOUP VEGETABLE QUICHE FISH CAKES W/ REMOULADE SAUCE & SWEET POTATO WEDGES STEAMED ZUCCHINI OR HEALTH SALAD RICE PUDDING	TOMATO BASIL SOUP SALMON SALAD PLATE W/ MARBLED RYE BREAD CHEESE BLINTZ SOUFFLE CUCUMBER SALAD OR ROASTED YELLOW SQUASH ANGEL FOOD CAKE	BROCCOLI CHEDDAR SOUP EGGPLANT NAPOLEAN W/ ITALIAN BREAD HERRING & CREAM PLATE W/ BOILED RED POTATOES STEAMED GREEN BEANS ICE CREAM SANDWICH	CREAM OF CELERY SOUP VEGGIE CHEESEBURGER/BUN W/ SAUTEED ONIONS,MUSHROOMS BAKED CAJON FISH GREEK QUINOA SALAD OR BUTTERED EGG NOODLES STEAMED BEETS BANANA PUDDING W/ TOPPING	WHITE BEAN SOUP TURKEY CHILI WITH RICE & CORNBREAD SALAMI ON RYE W/LET,TOM & MEDITERRANEAN PASTA SALAD TOMATO & CUCUMBER SALAD ITALIAN ICE
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
ESCAROLE SOUP SPAGHETTI & MEATBALLS ITALIAN HERB ROASTED CHICKEN W/ GARLIC MASHED POTATOES GREEN SALAD OR CARROTS ASSORTED COOKIES	CHICKEN RICE SOUP BBQ CHICKEN QUARTER BEEF KNOCKWURST & SAUERKRAUT STEAMED CORN & PIMENTOS OR BAKED POTATO GARLIC GREEN BEANS OR TOSSED SALAD FRESH FRUIT IN SEASON	SOUTHWEST VEGETABLE SOUP MEATLOAF WITH GRAVY CHICKEN MARSALA MASHED POTATOES BRAISED RED CABBAGE OR GREEN SALAD MANDARIN ORANGES	BEEF BARLEY SOUP SLOPPY JOES ON BUN TURKEY SALAD ON KAISER ROLL W/ LET, TOM,PICKLE DIJON POTATO SALAD COLESLAW FRUITED GELATIN	VEGETABLE NOODLE SOUP CHICKEN STIR FRY CHOPPED LIVER PLATE W/ MARBLED RYE STEAMED WHITE RICE STEAMED BROCCOLI & CAULIFLOWER BEEF STEW BORDELAISE MIXED BERRY PIE	CHICKEN MATZOH BALL SOUP ROSEMARY ROASTED CHICKEN SALISBURY STEAK WITH PAN REDUCTION KASHA VARNISKES OR MASHED POTATOES ROASTED CARROTS & PARSNIPS CHALLAH MARBLE CAKE	TOMATO SOUP TUNA SALAD PLATE WITH POTATO CHIPS BAKED ZITI & TOSSED SALAD WHEAT BREAD RUGELACH
Evening Snack Offering	Evening Snack Offering	Evening Snack Offering	Evening Snack Offering	Evening Snack Offering	Evening Snack Offering	Evening Snack Offering
OATMEAL COOKIES	FRUITED YOGURT	JELLO	CHOCOLATE PUDDING	VANILLA ICE CREAM	APPLE BAR	GRAHAM CRACKERS

NOTE: Items for Special Diets may vary from Regular Menu

DIETITIAN: Rosemarie Fenchel, MPA, RDN

REVISED 1/18/17

Week 2