

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
	BRUNCH	LUNCH					
SOUP W/ROLL	Wild Mushroom and Rice	Ginger Carrot	Minestrone	Apple Sweet Potato	Red Pepper Bisque	Split Pea & Ham	Cream of Tomato
ENTRÉE 1	Tomato & Spinach Frittata	Black Bean Burger	Shrimp Po Boy (sub)	Pork & Vegetable Stir Fry	Smoked Gouda Mac & Cheese	Cod Florentine	Chicken Quesadilla
ENTRÉE 2	Roasted Turkey w/ Gravy	Philly Cheesesteak	Waldorf Chicken Salad Plate	Avocado Tomato Grilled Cheese Sandwich	Reuben Sandwich	Bratwurst w/ Sauerkraut	Beef & Broccoli Stir Fry
STARCH	Hash Brown	Sweet Potato Fries	Curly Fries	Quinoa	Steak Fries	Garlic Mashed Potatoes	Cilantro Rice
VEGGIE	Acorn Squash	Grilled Peppers, Onions & Mushrooms	Green Beans	Roasted Vegetables	Broccoli	Roasted Brussel Sprouts	Seasoned Peas
DESSERT	Scones, Dessert Cart	Chocolate Pie	Dutch Apple Pie	Ice Cream Novelties	Fruit of the Forest Pie	Chocolate Flourless Torte	Red Velvet Cake
DINNER							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Wild Mushroom and Rice	Ginger Carrot	Minestrone	Apple Sweet Potato	Red Pepper Bisque	Split Pea & Ham	Cream of Tomato
ENTRÉE 1	Stuffed Pepper	Pork Tenderloin w/ Apple Compote	Meatloaf	Mahi Mahi w/ Mango Salsa	BBQ Ribs	Fried Catfish	Stuffed Shells
ENTRÉE 2	Chicken Francaise	Baked Haddock	Eggplant Lasagna	Seasoned Chicken	Veggie Burger	Bacon Wrapped Seasoned Turkey Breast	Prime Rib w/ Red Wine Sauce
STARCH	Thin Spaghetti	Rice	Mashed Potatoes	Risotto	Mashed Sweet Potatoes	Couscous	Twice Baked Potato
VEGGIE	Peas	Rainbow Carrots	Roasted Root Vegetables	Spinach	Street Corn	Mixed Veggies	Asparagus
DESSERT	Scones, Dessert Cart	Chocolate Pie	Dutch Apple Pie	Ice Cream Novelties	Fruit of the Forest Pie	Chocolate Flourless Torte	Red Velvet Cake