

Make reservations the Tuesday prior by noon by calling 771-7641

8 WEEK CYCLE FROZEN LUNCH MENU

8 WEEK CYCLE FROZEN LUNCH MENU						In Addition	Fresh Meal Cycle
WEEK 1 (3/10)							
Turkey Dinner w/Gravy Stuffing <u>Whipped Yams</u> Green Beans	Chicken Fajita over Rice Whole Kernel Corn <u>California</u> <u>Vegetables</u>	Oven Baked Fish w/Lemon Sauce Potatoes O'Brien Fiesta Vegetables	Salisbury Steak w/Gravy Garlic Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Cheese Ravioli w/Alfredo Sauce <u>Broccoli</u> Stewed Tomatoes		1/2 gal milk 5 oatmeal packets 5 fruits/juices	Pancakes w/Pork Sausages, Strawberries, Red Potatoes Seafood Louie Salad w/Mock Crab, Cherry Tomatoes, Crackers Thousand Island Dressing
WEEK 2 (3/17)							
Creamy Mushroom Chicken over Brown Rice <u>California</u> <u>Vegetables</u> Whole Kernel Corn	Potato Crusted Fish Scalloped Potatoes Fiesta Vegetables Green Beans	Spaghetti & Meatballs Winter Vegetables <u>Carrots</u>	BBQ Chicken Potato Nuggets <u>Mixed Vegetables</u> Zucchini	Sesame Mustard Pork Mashed Potatoes <u>Scandinavian</u> <u>Vegetables</u>		5 bev packets Ritz crackers 5 fruits/juices	Veggie & Cheese Omelet Red Potatoes Strawberries Roast Beef Wrap Citrus Fruit Tossed Salad w/Dressing
WEEK 3 (3/24)							
Turkey Chili w/Beans Potato Nuggets Zucchini	Creamy Tuna over Noodles Brussels Sprouts <u>Mixed Vegetables</u>	Oven Fried Chicken <u>Whipped Yams</u> Green Beans Succotash	Broccoli Beef over Rice Seasoned Cabbage <u>Carrots</u>	Cheese Omelet Spinach Red Potatoes		1/2 gal milk 1 loaf of ww bread 5 fruits/juices	Cottage Cheese, Muffin, Mand. Oranges, 4-Bean Salad Chef's Salad w/Turkey, Eggs, Cheese & Cherry Tomatoes Crackers & Ranch Dressing
WEEK 4 (3/31)							
Cheesy Potato Soup Fiesta Vegetables Green Peas	Meatloaf w/Gravy Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Sweet & Sour Meatballs over Steamed Rice <u>Carrots</u> <u>Broccoli</u>	Salmon Patty w/Dill Sauce over Rice Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian over Asian Noodles <u>Scandinavian</u> <u>Vegetables</u> Steamed Cabbage		5 bev packets 5 oatmeal packets 5 fruits/juices	Cheese Omelet Winter Veg, Mixed Veg Chicken Caesar Wrap Spinach Salad w/Dressing Carrot Raisin Salad

Weeks 5-8 OVER

8 WEEK CYCLE NUTRITION FROZEN LUNCH MENU

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WEEK 5 (4/7)					In Addition	Fresh Meal Cycle
Cheese & Green Chili Tamale	Turkey a la King over Biscuit	Herb Fish over Wild Rice	Beef Lo Mein California	Chicken Marsala Mashed Potatoes	1/2 gal milk animal crackers 5 fruits/juices	Bagel w/Turkey Sausage & Cheese, Carrots, Broccoli Salad
Fiesta Vegetables	<u>Broccoli</u>	Seasoned Cabbage	<u>Vegetables</u>	<u>Italian Vegetables</u>		Seafood Louie Salad w/Mock
Stewed Tomatoes	<u>Scandinavian Vegetables</u>	<u>Mixed Vegetables</u>	Green Beans	Green Peas		Crab, Cherry Tomatoes, Crackers Thousand Island Dressing
WEEK 6 (4/14)						
BBQ Pork Rib Patty over Mashed Potatoes	Beef Parmesan over Pasta Marinara	Creamy Mushroom Chicken over Rice	Potato Crusted Fish Scalloped Potatoes	Jambalaya w/ Turkey Ham	5 bev packets 1 loaf of ww bread 5 fruits/juices	Veggie & Cheese Omelet
<u>Bean Medley</u>	Italian Green Beans	<u>Carrots</u>	Fiesta Vegetables	<u>Spinach</u>		Red Potatoes
Applesauce	<u>California Vegetables</u>	Brussels Sprouts	Green Beans	Winter Vegetables		Strawberries Roast Beef Wrap Citrus Fruit Tossed Salad w/Dressing
WEEK 7 (4/21)						
Buffalo Chicken Drumsticks (2)	Cheese Omelet w/Shredded Cheddar	Beef Macaroni <u>Spinach</u>	Chicken & White Bean Chili	Creole Steak over Rice	1/2 gal milk graham crackers 5 fruits/juices	Cottage Cheese, Muffin, Mand. Oranges, 4-Bean Salad
Garlic Mashed Potatoes	<u>Spinach</u>	Applesauce	Broccoli	Fiesta Vegetables		Chef's Salad w/Turkey, Eggs, Cheese & Cherry Tomatoes
<u>Scandinavian Vegetables</u>	Red Potatoes		<u>Carrots</u>	Green Beans		Crackers & Ranch Dressing
WEEK 8 (4/28)						
Salmon Patty w/Dill Sauce over Rice	Chicken Tahitian over Asian Noodles	Bean & Cheese Burrito w/Enchilada Sauce	Swedish Meatballs over Mashed Potatoes	Turkey Divan over Rice	5 bev packets 1 loaf of ww bread 5 fruits/juices	Cheese Omelet
Brussels Sprouts	<u>Carrots</u>	Mexicali Corn	<u>Scandinavian Veg</u>	Green Peas		Winter Veg, Mixed Veg
<u>Bean Medley</u>	Steamed Cabbage	<u>Broccoli</u>	Stewed Tomatoes	<u>California Vegetables</u>		Chicken Caesar Wrap Spinach Salad w/Dressing Carrot Raisin Salad

Weeks 1-4 OVER