

FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Portioning</u> Soup - 1 cup Protein - 3 - 4 oz. Starch - 1/2 cup Vegetable/Fruit - 1/2 cup Stew/Casserole - 6 oz			1 <u>Lunch</u> Soup Turkey Caesar Salad Fries & Fruit Dinner Lemon Chicken Rice Soup Hearty Beef Stew Broccoli	2 <u>Lunch</u> Soup Breaded Chicken Breast Sand. Fruit & Slaw Dinner Cream of Cauliflower Soup Baked Butter Crumb Cod Filet Brown Rice / Stewed Tomatoes	3 <u>Lunch</u> Soup Mini Cheeseburgers Fries & Fruit Dinner Chicken Barley Soup Spaghetti & Meatsauce Mixed Vegetables	4 <u>Lunch</u> Soup Grilled Corned Beef Reuben Cucumber Salad / Fruit Dinner Turkey Vegetable Soup Sloppy Joes Sweet Tater Tots / Cole Slaw
5 <u>Dinner</u> Tomato Soup Pork Roast Home Fries Peas & Carrots Boxed Lunch Up Soup Roast Beef and Cheese Sandwich Salad & Fruit	6 <u>Lunch</u> Soup Patty Melt Fries & Fruit Dinner Stuffed Pepper Soup Princess Chicken topped w/ Asparagus & Cream Sauce Tomato Cous Cous & Broccoli	7 <u>Lunch</u> Soup French Dip Three Bean Salad & Fruit Dinner New England Clam Chowder Ricotta Cheese & Italian Sausage Stuffed Shells French Cut Green Beans	8 <u>Lunch</u> Soup Grilled Ham & Cheese Sandwich Carrot Raisin Salad & Fruit Dinner Turkey Noodle Soup Meatloaf Mashed Potatoes Carrots	9 <u>Lunch</u> Soup Hot Dog Fries & Fruit Dinner Potato Leek Soup Hawaiian Pineapple Chicken Rice Pilaf Peas	10 <u>Lunch</u> Soup Grilled Cheese & Tomato Cucumber Salad / Fruit Dinner Corn Chowder Hot Open Face Roast Beef Sandwich with Gravy Mixed Vegetables	11 <u>Lunch</u> Soup Sub Sandwich / Chips & Fruit Dinner Turkey Dumpling Soup Cheeseburger/Fries Baked Beans
12 <u>Dinner</u> Broccoli Cheddar Soup Sausage & Cheese Omelette Hash Brown Potatoes & Scalloped Apples Iced Cinnabun Boxed Lunch Up Soup Turkey Croissant Salad / Fruit	13 <u>Lunch</u> Soup Chicken Philly Sandwich Chips / Fruit Dinner Italian Wedding Soup Beef Stroganoff Noodles / Green Beans	14 <u>Lunch</u> Soup Grilled Roast Beef & Swiss on Rye Cole Slaw & Fruit Dinner Cream of Chicken Soup Braised Pork Steak Mashed Potatoes / Braised Red Cabbage w/Apples	15 <u>Lunch</u> Soup Hot Open Face Turkey Sandwich Fries / Fruit Dinner Bean & Smoked Sausage Soup Chicken Bacon Ranch Pizza Caesar Salad	16 <u>Lunch</u> Soup Ham, Swiss w/Dijon-Mayo on Wheat Chips & Fruit Dinner Pasta Fagiolo Soup Chicken Paprikash Spaetzle / Spinach	17 <u>Lunch</u> Soup BBQ Chicken Sandwich Macaroni Salad / Fruit Dinner Cheeseburger Soup Fettuccine Alfredo w/ Ham Topping Zucchini & Yellow Squash	18 <u>Lunch</u> Soup Turkey & Swiss Sandwich Chips & Fruit Dinner Chicken Vegetable Soup Mild Chili con Carne Ranch Fries / Cole Slaw
19 <u>Dinner</u> Tomato Rice Soup Baked Ham Candied Sweet Potatoes Broccoli Spears Boxed Lunch Up Soup Roast Beef Sandwich Salad / Fruit	20 <u>Lunch</u> Soup Meatball Sub Chips / Fruit Dinner Split Pea w/Ham Soup Stuffed Cabbage Parsley Potatoes Harvard Beets	21 <u>Lunch</u> Soup Ham, Swiss, Spinach Quiche Roll & Fruit Dinner Beef Noodle Soup Creamed Chicken over Cornmeal Polenta Broccoli	22 <u>Lunch</u> Soup Ham Salad Sandwich Slaw & Fruit Dinner Cream of Mushroom Soup Braised Pork Ribs & Sauerkraut Scalloped Potatoes Carrots	23 <u>Lunch</u> Soup Turkey & Cheese on Wheat Potato Salad / Fruit Dinner Chicken Noodle Soup Johnny Marzetti-Macaroni & Beef Casserole Mixed Vegetables	24 <u>Lunch</u> Soup Chicken Nuggets Fries & Fruit Dinner Minestrone Soup Beef Brisket Mashed Potatoes / Green Beans	25 <u>Lunch</u> Soup Cottage Cheese & Fresh Fruit Plate / Corn Muffin Dinner Manhattan Clam Chowder Turkey Swiss Burger Sweet Potato Fries & Slaw
26 <u>Dinner</u> Broccoli & Cauliflower Cheese Soup Beef Pot Roast Potatoes / Peas & Carrots Boxed Lunch Up Soup Chicken Sandwich on Wheat Salad & Fruit	27 <u>Lunch</u> Soup Grilled Cheese & Bacon Chips & Fruit Dinner Chicken Vegetable Soup Chicken-fried Beef Steak w/gravy Wild Rice Creamed Corn	28 <u>Lunch</u> Soup Monte Cristo Sandwich Three Bean Salad & Fruit Dinner Mushroom Barley Soup Roast Chicken Mashed Potatoes & Gravy Green Bean Casserole	29 <u>Lunch</u> Soup Breaded Chicken Tenders w/BBQ Sauce / Fries / Fruit Dinner French Onion Soup Baked Tilapia Fillet Almondine Au Gratin Potatoes Baby Carrots	<u>Alternates Lunch</u> Grilled Cheese (Bacon, Tomato, Turkey, Ham) Hamburger or Hot Dog PB&J, BLT, Scrambled Eggs <u>Alternates Dinner</u> Baked Chicken or Fish Grilled Cheese (Bacon, Tomato, Turkey, Ham) Hamburger or Hot Dog Scrambled Eggs, PB&J Baked or Sweet Potato	Offered w/ dinner: Rolls Vegetable serving (ex. Garden salad, slaw, cucumber salad) Fruit serving (ex. Fresh or canned) Cottage Cheese	<u>Beverages</u> Orange/Prune/Cranberry/Tomato/V8 juices Milk, Ice Tea Soup served with Crackers Hand Fruit (apples, bananas, oranges) offered w/lunch & dinner Sugar-free/low sugar desserts avail-