

# Monday Lunch

## Soup

### Black Bean & Corn Chili

Onion, garlic, green pepper, black beans, tomato sauce, corn, chili powder, cumin, thyme, oregano, celery, carrots, bay leaves, parsley.

3/4 CUP= 218 Calories 10.45g Protein 5.20g Fat .550g Sat Fat 331mg Sodium 36.27g Carb 10.5g Fiber

## Salads

### Romaine Salad w/Dressing ~ GF

Romaine lettuce, avocado lime dressing, feta, avocado, salt, pepper  
½ cup = 285 Calories 13.05g Protein 20.05g Fat 7.15g Sat Fat 917mg Sodium 14.3g Carb 3.4g Fiber

## Entrees

### Mushroom Swiss Burger

Hamburger, oil, onion, mushrooms, Worcestershire, ketchup, Dijon mustard, Swiss cheese, pepper, bun

1 each = 735 Calories 47.15 Protein 44.60g Fat 18.25g Sat Fat 835mg Sodium 34.95g Carb 2.3g Fiber

### Beer Battered Cod

Flour, oil, cod, cornstarch, salt, turmeric

4 OZ = 220 Calories 15g Protein 10g Fat 1.5g Sat Fat 500mg Sodium 17g Carb 0g Fiber

## Sides

Green Peas

Curry Roasted Cauliflower

Potato Wedges

## Fruit

Chilled Pears

## Dessert

Strawberry Cake

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda

# Monday Dinner

## Soup

### Seafood Bisque

Butter, onion, garlic, paprika, tomato paste, sherry wine, shrimp,  
Chicken base, heavy cream.

3/4 CUP = 133 Calories 4.37g Protein 11.14g Fat 6.882g Sat Fat 596mg Sodium 3.08g Carb .3g Fiber

## Salads

### Romaine Salad w/Dressing

Romaine lettuce, avocado lime dressing, feta, avocado, salt, pepper  
½ cup = 285 Calories 13.05g Protein 20.05g Fat 7.15g Sat Fat 917mg Sodium 14.3g Carb 3.4g Fiber

## Entrees

### White Bean & Kale Stew Over Brown Rice

Brown rice, olive oil, onion, garlic, balsamic vinegar, kale, oregano,  
great northern beans

12 OZ = 304 Calories 17.58g Protein 2.92g Fat .417g Sat Fat 291mg Sodium 57.65g Carb 20.8g Fiber

### Beer Battered Cod

Flour, oil, cod, cornstarch, salt, turmeric

4 OZ = 220 Calories 15g Protein 10g Fat 1.5g Sat Fat 500mg Sodium 17g Carb 0g Fiber

### Italian Chicken over Angel Hair Pasta

Chicken breast, oil, mushrooms, garlic, tomatoes, pepper, oregano,  
chicken base, white wine, spinach, lemon juice, angel hair pasta  
6 OZ = 401 Calories 33.59g Protein 15.73g Fat 2.67g Sat Fat 103mg Sodium 28.56g Carb 2.9g Fiber

## Sides

Green Beans

Swiss Chard

Potato Wedges

## Fruit

Chilled Pears

## Dessert

Strawberry Cake

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Tea / Soda

# Tuesday Lunch

## Soup

### Chicken Noodle Soup

Chicken stock, onion, celery, noodles, butter, flour, pepper, salt, chicken  
3/4 CUP = 88 Calories 4.61g Protein 4.19g Fat 1.42g Sat Fat 123mg Sodium 7.6g Carb .4g Fiber

## Salads

### Cherry Applesauce Jell-O ~GF

SQ2X3 = 114 Calories 1.52g Protein 0.09g Fat 0.01g Sat Fat 86mg Sodium 28g Carb 1.1g Fiber

## Entrees

### Chicken Caesar Wrap

Chicken breast, Caesar dressing, flour tortilla wrap, romaine, mozzarella,  
roasted peppers

1 each = 352 Calories 22.42g Protein 16.7g Fat 6.05g Sat Fat 786mg Sodium 29.25g Carb 3.9g Fiber

### Glazed Meatloaf

Ketchup, brown sugar, apple cider vinegar, oil, onion, garlic, egg, thyme,  
salt, pepper, mustard, Worcestershire sauce, tabasco, milk, crackers,  
parsley, ground beef

5 OZ = 324 Calories 25.64g Protein 18.18g Fat 6.538g Sat Fat 406mg Sodium 13.19g Carb .6g Fiber

## Sides

Breaded Mushrooms  
Sesame Baby Bok Choy  
Buttered Beets

## Fruit

Watermelon

## Dessert

Red Velvet Cheesecake

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Coffee / Tea / Soda

# Tuesday Dinner

## Soup

### Egg Drop Soup

Vegetable stock, cornstarch, sherry wine, sugar, soy sauce, egg,  
scallions

3/4 CUP = 35 Calories 2.4g Protein 1.5g Fat 0.385g Sat Fat 144mg Sodium 2.83g Carb 0.2g Fiber

## Salads

### Cherry Applesauce Jell-O ~ GF

SQ2X3 = 114 Calories 1.52g Protein 0.09g Fat 0.01g Sat Fat 86mg Sodium 28g Carb 1.1g Fiber

## Entrees

### General Tso Chicken

Battered chicken, broccoli, onion, bell peppers, General Tso sauce

5 OZ = 165 Calories 28.37g Protein 3.4g Fat .918g Sat Fat 199mg Sodium 3.27g Carb .1g Fiber

### Coconut Chickpea Stew over Brown Rice VG GF

Ginger, garlic, onion, oil, turmeric, garbanzo beans, coconut milk,  
vegetable broth, salt, pepper

8oz = 177 Calories 33g Protein 5g Fat 3g Sat Fat 133mg Sodium 141Carb 25.1g Fiber

### Glazed Meatloaf

Ketchup, brown sugar, apple cider vinegar, oil, onion, garlic, egg,  
thyme, salt, pepper, mustard, Worcestershire sauce, tabasco, milk,  
crackers, parsley, ground beef

5 OZ = 324 Calories 25.64g Protein 18.18g Fat 6.538g Sat Fat 406mg Sodium 13.19g Carb .6g Fiber

## Sides

Green Beans

Mashed Red Skin Potatoes

Egg Roll

## Fruit

Watermelon

## Dessert

Red Velvet Cheesecake

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda  
Week 1 F/W 2022-23

\*\*Menu is Subject to Change Without Notice\*\*

# Wednesday Lunch

## Soup

### Butternut Squash Soup

Butternut squash, butter, onion, veggie stock, nutmeg, salt, pepper  
3/4 CUP = 88 Calories 1.95g Protein 3.28g Fat 1.163g Sat Fat 98mg Sodium 14.6g Carb 4g Fiber

## Salads

### Cranberry Spinach Salad ~ GF VG

Almonds, spinach, cranberries, sesame seeds, poppy seeds, sugar, onion, paprika, red wine vinegar, apple cider vinegar, vegetable oil  
1 CUP = 364 Calories 4.53g Protein 22.61g Fat 2.959g Sat Fat 40mg Sodium 41g Carb 4.2g Fiber

## Entrees

### Chicken Salad Stuffed Tomato w/Corn Muffin

Chicken, celery, salt, mayo, pepper, lemon juice, onion, tomato, iceberg lettuce

1 each = 268 Calories 23.24g Protein 16.24g Fat 3.204g Sat Fat 249mg Sodium 6.74g Carb 2.3g Fiber

### Hot dog on a Bun

Accompaniments: relish, onion, ketchup, mustard

1 each = 299 Calories 10.69g Protein 16.91g Fat 6.338g Sat Fat 674mg Sodium 25.52g Carb .9g Fiber

## Sides

Tater Tots  
Steamed Broccoli  
Seasoned Zucchini

## Fruit

Blueberries

## Dessert

Chocolate Cake

NAME:

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Tea / Soda

# Wednesday Dinner

## Soup

### New England Clam Chowder

Celery, onion, carrots, green peppers, garlic, clams, potatoes, salt, pepper, basil, oregano, Worcestershire

3/4 CUP = 71 Calories 5.95g Protein 2.99g Fat .566g Sat Fat 989mg Sodium 5.3g Carb 1.1g Fiber

## Salads

### Cranberry Spinach Salad ~ GF VG

Almonds, spinach, cranberries, sesame seeds, poppy seeds, sugar, onion, paprika, red wine vinegar, apple cider vinegar, vegetable oil

1 CUP = 364 Calories 4.53g Protein 22.61g Fat 2.959g Sat Fat 40mg Sodium 41g Carb 4.2g Fiber

## Entrees

### Beef Sirloin w/ Au Jus

Beef sirloin, salt, pepper, sherry wine

4OZ = 180 Calories 21.01g Protein 9.84g Fat 3.876g Sat Fat 608mg Sodium .12g Carb .02g Fiber

### Black Pepper Tofu ~ VG

Oil, eggplant, shitake mushroom, soy sauce, molasses, rice wine vinegar, brown sugar, pepper, cornstarch, tofu, shallots, garlic, ginger, green onion, crushed red pepper, sesame seeds, brown rice

8 OZ = 347 Calories 21.9g Protein 16.58g Fat 2.467g Sat Fat 370mg Sodium 34.48g Carb 5.2g Fiber

### Chicken Salad Stuffed Tomato w/Corn Muffin

Chicken, celery, salt, mayo, pepper, lemon juice, onion, tomato, iceberg lettuce

1 each = 268 Calories 23.24g Protein 16.24g Fat 3.204g Sat Fat 249mg Sodium 6.74g Carb 2.3g Fiber

## Sides

Green Beans  
Steamed Broccoli  
Baked Potato

## Fruit

Blueberries

## Dessert

Chocolate Cake

NAME:

Milk / Juice / Hot Cocoa /  
Coffee

Tea / Soda

Week 1 F/W 2022-23

\*\*Menu is Subject to Change Without Notice\*\*

# Thursday Lunch

## Soup

### Split Pea Soup

Split peas, onion, vegetable stock, carrots, pepper

3/4 CUP = 96 Calories 6.47g Protein .32g Fat .045g Sat Fat 9mg Sodium 17.5g Carb 7g Fiber

## Salads

### Macaroni Salad

Elbow pasta, salt, cheddar cheese, relish, celery, onion, pimentos, salt,  
pepper, mayo

1/2 CUP = 242 Calories 6.27g Protein 15.36g Fat 4.276g Sat Fat 431mg Sodium 19.81g Carb 1.3g Fiber

## Entrees

### Chicken Quesadilla

Chicken, Monterey jack cheese, onion, tomato, cilantro, lime juice, salt,  
pepper, butter, flour tortilla wrap

4 wedges = 425 Calories 24.04g Protein 19.04g Fat 9.025g Sat Fat 893mg Sodium 38.42g Carb 3.3g Fiber

### Assorted Pizza

Vegetable Pizza, Pepperoni Pizza, Cheese Pizza, Meat Lovers Pizza

1 Slice = 353 Calories 15.96g Protein 14.35 Fat 5.231g Sat Fat 777mg Sodium 40.02g Carb 2.5g Fiber

## Sides

Spanish Rice  
Succotash  
Corn on the Cob

## Fruit

Mixed melons

## Dessert

Peach Pie

NAME:

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Tea / Soda

# Thursday Dinner

## Soup

### Cream Of Broccoli Soup ~ GF VG

Onion, salt, pepper, 2% milk, broccoli, vegetable stock

3/4 CUP = 55 Calories 3.84g Protein 1.76g Fat 1.037g Sat Fat 164mg Sodium 6.78g Carb 1.1g Fiber

## Salads

### Macaroni Salad

Elbow pasta, salt, cheddar cheese, relish, celery, onion, pimentos, salt,  
pepper, mayo

1/2 CUP = 242 Calories 6.27g Protein 15.36g Fat 4.276g Sat Fat 431mg Sodium 19.81g Carb 1.3g Fiber

## Entrees

### Chicken Quesadilla

Chicken, Monterey jack cheese, onion, tomato, cilantro, lime juice, salt,  
pepper, butter, flour tortilla wrap

4 wedges = 425 Calories 24.04g Protein 19.04g Fat 9.025g Sat Fat 893mg Sodium 38.42g Carb 3.3g Fiber

### BBQ Short Ribs ~ GF

Beef Ribs, BBQ sauce

5 oz = 443 Calories 23.45g Protein 30.57g Fat 12.242g Sat Fat 485mg Sodium 16.64g Carb .4g Fiber

### Grilled Vegetable Hummus Wrap ~ VG

Zucchini, oil, tomatoes, onion, kale, gouda, hummus, flour tortilla

1 each = 480 Calories 17.05g Protein 24.9g Fat 8.15g Sat Fat 916mg Sodium 48.90g Carb 6.8g Fiber

## Sides

Spanish Rice

Succotash

Green Beans

## Fruit

Mixed melons

## Dessert

Peach Pie

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda



# Friday Lunch

## Soup

### Cream Of Asparagus Soup ~ GF VG

Butter, onion, salt, pepper, 2% milk, asparagus

3/4 CUP = 124 Calories 5.54g Protein 5.78g Fat 1.073g Sat Fat 558mg Sodium 13g Carb 0.7g Fiber

## Salads

### Waldorf Salad

Half & half, mayonnaise, apples, celery, salt, sugar, nuts

1/2 CUP = 201 Calories 1.97g Protein 15.27g Fat 2.366g Sat Fat 296mg Sodium 15g Carb 2.4g Fiber

## Entrees

### Vegetarian Enchilada ~ GF VG

Oil, corn tortilla, onion, garlic, pepper, vegetarian hamburger, enchilada sauce, cheddar cheese

3 each = 649 Calories 31.67g Protein 33.63 Fat 12.543g Sat Fat 1378mg Sodium 57.8g Carb 15.1g Fiber

### Egg Salad on a Croissant

Egg salad Mayonnaise, mustard, yellow onion, sweet red peppers, black pepper, salt, Croissant, Lettuce and tomato

1 each = 440 Calories 22.78g Protein 20.42g Fat 9.471 Sat Fat 941mg Sodium 40.67g Carb 2g Fiber

## Sides

Sauteed Spinach  
Lemon Carrots  
French Fries

## Fruit

Melon Cubes

## Dessert

Lemon Meringue Pie

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda

# Friday Dinner

## Soup

### Italian Wedding Soup

Escarole, ground beef, egg, breadcrumbs, parmesan cheese, basil, onion, chicken broth, orzo, carrots

3/4 CUP = 125 Calories 12.72g Protein 5.43g Fat 1.389g Sat Fat 121mg Sodium 6g Carb 0.8g Fiber

## Salads

### Waldorf Salad

Half & half, mayonnaise, apples, celery, salt, sugar, nuts

1/2 CUP = 201 Calories 1.97g Protein 15.27g Fat 2.366g Sat Fat 296mg Sodium 15g Carb 2.4g Fiber

## Entrees

### Lobster Stuffed Sole—GF

Lobster, shallots, garlic, tarragon, celery, mushrooms, butter, sole, beurre blanc sauce

4 OZ = 720 Calories 29.2g Protein 54.04g Fat 25.13g Sat Fat 1112mg Sodium 23.28g Carb 2.4g Fiber

### Vegetarian Enchilada GF VG

Oil, corn tortilla, onion, garlic, pepper, vegetarian hamburger, enchilada sauce, cheddar cheese

3 each = 649 Calories 31.67g Protein 33.63 Fat 12.543g Sat Fat 1378mg Sodium 57.8g Carb 15.1g Fiber

### Garlic Roasted Duck Breast ~ GF

Duck breast, paprika

5 OZ = 465 Calories 22.58g Protein 41.28g Fat 11.65g Sat Fat 476mg Sodium .10g Carb .1g Fiber

## Sides

Green Beans  
Fingerling Potatoes  
Lemon carrots

## Fruit

Melon Cubes

## Dessert

Lemon Meringue Pie

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda

# Saturday Lunch

## Soup

### **Beef Barley Mushroom Soup**

Beef cubes, celery, onion, beef stock, pepper, bay leaves, mushrooms, barley

3/4 CUP = 42 Calories 2.99g Protein 1.67g Fat .524g Sat Fat 65mg Sodium 3.73g Carb .5g Fiber

## Salads

### **Marinated Mushrooms & Onions**

Mushrooms, onions, lemon juice, Italian dressing

1/2 CUP = 42 Calories 1.35g Protein 1.98g Fat 0.275g Sat Fat 83mg Sodium 6g Carb 1.3g Fiber

## Entrees

### **Cold Shaved Turkey on a Croissant**

Lettuce & Tomato

1 each = 318 Calories 26.58g Protein 13.33g Fat 6.772g Sat Fat 599mg Sodium 26.39g Carb 1.5g Fiber

### **Grilled Chicken Breast**

4 oz Grilled Chicken Breast

1 each = 147 Calories 27.49g Protein 3.17g Fat .9g Sat Fat 66mg Sodium .3g Carb .1g Fiber

## Sides

Spaghetti Squash

Sweet Potato Fries

Steamed Asparagus

## Fruits

Cantaloupe

## Desserts

Brown Sugar Coffee Cake

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda

# Saturday Dinner

## Soup

### French Onion Soup VG GF

Onion, salt, pepper, Vegetable stock, Worcestershire sauce, parmesan cheese

3/4 CUP = 87 Calories 2.47g Protein 3.55g Fat 1.245g Sat Fat 184mg Sodium 11.47g Carb .8g Fiber

## Salads

### Marinated Mushrooms & Onions

Mushrooms, onions, lemon juice, Italian dressing

1/2 CUP = 42 Calories 1.35g Protein 1.98g Fat 0.275g Sat Fat 83mg Sodium 6g Carb 1.3g Fiber

## Entrees

### Bacon Wrapped Beef Tenderloin

Beef tenderloin, salt, pepper, bacon, butter, flour, beef base

5 OZ = 251 Calories 22.1g Protein 14.43g Fat 5.375g Sat Fat 1112mg Sodium 2.85g Carb .2g Fiber

### Vegetable Lasagna

Noodles, onion, green peppers, garlic, tomatoes, mushrooms, carrots, vegetable broth, basil, oregano, Italian seasoning, pepper, spinach, cottage cheese, mozzarella cheese

3X3 sq = 433 Calories 28.24g Protein 10.23g Fat 4.867g Sat Fat 849mg Sodium 58.24g Carb 6.7g Fiber

### Mojo Shrimp ~ VG

Shrimp, garlic, orange juice, oil, lime juice, cumin, oregano, pepper

9 oz = 268 Calories 24.11g Protein 15.96g Fat 2.204g Sat Fat 571mg Sodium 3.6g Carb .2g Fiber

## Sides

Baked Sweet Potato

Green Beans

Steamed Asparagus

## Fruits

Cantaloupe

## Desserts

Brown Sugar Coffee Cake

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda

# Sunday Lunch

## Soup

### Curried Lentil, Parsnip & Apple Soup ~ GF VG

Oil, curry paste, onion, parsnips, lentils, apples, vegetable broth, yogurt, coriander

3/4 CUP = 124 Calories 4.37g Protein 2.74g Fat .425g Sat Fat 141mg Sodium 22.42g Carb 5.7g Fiber

## Salads

### Caesar Salad

Romaine lettuce, croutons, parmesan, Caesar dressing

1 Cup = 211 Calories 3.80g Protein 19.4g Fat 3.9g Sat Fat 531mg Sodium 5.7g Carb 1.2g Fiber

## Entrees

### Vegan Spaghetti Bolognese (Vegan)

Sugar, zucchini, Italian seasoning, Vegan Sausage, tomatoes, spaghetti sauce

1 plate = 372 Calories 27.29g Protein 6.04g Fat 1.188g Sat Fat 388mg Sodium 61.25g Carb 21.6g Fiber

### Salmon w/Kale Pesto ~ GF

Kale, garlic, pumpkin seeds, crushed red pepper, parmesan cheese, oil, **(CONTAINS NUTS)**

1 EACH = 703 Calories 14.23g Protein 65g Fat 11.667g Sat Fat 462mg Sodium 22.8g Carb 6.6g Fiber

### Garlic Crusted Rack of Lamb ~ GF

Olive oil, garlic, rosemary, salt, pepper, lamb rack

3 OZ = 459 Calories 25.11g Protein 38.41g Fat 14.237g Sat Fat 143mg Sodium 2g Carb 0.3g Fiber

## Sides

Green Beans  
Crispy Brussel Sprouts

Mediterranean Orzo

## Fruits

Pineapple

## Desserts

Pineapple Upside Down Cake

NAME:

Milk / Juice / Hot Cocoa / Coffee

Tea / Soda

# Sunday Dinner

## Soup

### Cream of Tomato Soup

Onion, butter, tomato juice, whole milk, salt pepper

3/4 CUP = 151 Calories 3.44g Protein 9.55g Fat 4.15g Sat Fat 392mg Sodium 13.30g Carb .7g Fiber

## Salads

### Caesar Salad

Romaine lettuce, croutons, parmesan, Caesar dressing

1 Cup = 211 Calories 3.80g Protein 19.4g Fat 3.9g Sat Fat 531mg Sodium 5.7g Carb 1.2g Fiber

## Entrees

### Garlic Crusted Rack of Lamb ~ GF

Olive oil, garlic, rosemary, salt, pepper, lamb rack

3 OZ = 459 Calories 25.11g Protein 38.41g Fat 14.237g Sat Fat 143mg Sodium 2g Carb 0.3g Fiber

### Grilled Cheese Sandwich

Option to add Tomato

1 each = 532 Calories 21.5g Protein 36g Fat 18.714g Sat Fat 1780mg Sodium 30.75g Carb 2.3g Fiber

## Sides

Mashed Potatoes  
Peas & Pearl onions

Green Beans

## Fruits

Pineapple

## Desserts

Pineapple Upside Down Cake

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