

Week of 2 / 23 to 3 / 1



Sunday

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Soup of the Day: Lentils

Breakfast: Blueberry Pancakes

Lunch: (1) Club Sandwich & Sloppy Joes

Sides: Chips, Peas

Dinner: (1) Tilapia Picata (2) Beef Stroganoff

Sides: Broccoli, Rice Pilaf

Dessert: Tapioca Pudding

Monday

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Soup of the Day: Tomato

Breakfast: Bran Muffins w/Cranberries

Lunch: (1) Three Grilled Cheese

(2) Pastrami Melt

Sides: Pasta Salad

Dinner: (1) Chicken & Spinach Risotto (2) Pork Marsala

Sides: Roasted Red Potatoes, Mixed Veggies

Dessert: Molten Lava Cake

Tuesday

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Soup of the Day: Gumbo

Breakfast: Biscuit & Gravy

Lunch: (1) Fried Catfish Sandwich on a Hoagie (2) Red Beans, Rice & Andouille

Sides: Corn Bread, Fried Okra

Dinner: (1) Fried Chicken (2) Crawfish Etouffee

Sides: Candied Yams, Collard Greens

Dessert: King Cake

Wednesday

Soup of the Day: Split Pea

Breakfast: French Toast Topped w/Peaches

Lunch: (1) Tandoori Chicken Sandwich (2) BBQ Tr-Tip Sandwich

Sides: Potato Salad

Dinner: (1) Halibut Topped w/ Creamy Pesto Sauce

(2) Pork Chops Topped w/Apples

Sides: Loaded Baked Potato, Kale

Dessert: Lemon Bar

Thursday

Soup of the Day: Butternut Squash

Breakfast: Steak Scrabble w/Potatoes

Lunch: (1) Brussels & Kale Salad (2) Turkey Avocado

Sides: Fries, Green Beans

Dinner: (1) Shrimp Scampi (2) Herb Roasted Chicken

Sides: Barley Pilaf, Carrots

Dessert: Berry Cobbler

Friday

Soup of the Day: Clam Chowder

Breakfast: Mushroom Omelet

Lunch: (1) Citrus Salad Topped w/Lobster (2) Chicken Breast Burger

Sides: Fries, Peas

Dinner: (1) Stuffed Zucchini (2) Honey Glazed Ham

Sides: Beets, Mac & Cheese

Dessert: Cheesecake

Saturday

Soup of the Day: Beef Barley

Breakfast: Waffles

Lunch: (1) BLT's (2) Crab Quiche

Sides: Vegetable Couscous Salad

Dinner: (1) Herb Pork Topped w/Cherry Compote (2) Salisbury Steak

Sides: Penne Tossed in Alfredo Sauce, Spinach

Dessert: White Cake w/Cream Cheese Frosting & Berries