

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

1

MONDAY

Roast Chicken Drums
Rice Pilaf
Pepper and Cucumber Stick
Double Flax Seeds Bread
Fresh Fruit, Milk

TUESDAY

Whole Wheat Pasta
Meat Sauce
Parmesan Cheese
Baby Carrots
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Chicken Noodle Soup
Chicken, Salami and Cheese Submarine
Cauliflower Floret and Celery Sticks
Whole Wheat Bun, Mustard
Fresh Fruit, Milk

THURSDAY

Cod Fish Sticks
Quinoa Pilaf, Ketchup
Broccoli Floret and Pepper Sticks
Whole Wheat Pita
Fresh Fruits, Milk

FRIDAY

Meatballs with Gravy
Mashed Potatoes
Green Beans
Whole Wheat Bread
Fresh Fruit, Milk

HOT LUNCH SELECTIONS

2

MONDAY

Chicken Souvlaki
Rice Pilaf
Lemon Garlic Dip
Cucumber and Carrot Sticks
Rye Bread
Fresh Fruit, Milk

TUESDAY

All Beef Lasagna
Caesar Salad, Dressing
Whole Wheat Bread
Fresh Fruit, Milk

WEDNESDAY

Teriyaki Salmon
Rice Pilaf
Asparagus
Whole Wheat Pita
Fresh Fruit, Milk

THURSDAY

Beef Kielbasa
Meditation Chickpea Salad
Feta Cheese, Dressing
Whole Wheat Buns
Fresh Fruit, Milk

FRIDAY

Vegetable Pasta
Ricotta Tomato Sauce
Parmesan Cheese
Cauliflower Floret and Celery Stick
Whole Wheat Italian Bread
Fresh Fruits, Milk

Veggie sticks and Bread may change without notice based on availability.

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

3

MONDAY

Curry Chicken
Rice Pilaf
Baby Corn
Whole Wheat Bread
Fresh Fruit, Milk

TUESDAY

Beef Tacos
Lettuce, Cheese, Sour Cream
Taco Shells
Fresh Fruit, Milk

WEDNESDAY

Pollack Fish Cake
Quinoa Pilaf, Ketchup
Cauliflower Floret and Pepper Stick
Whole Wheat Italian Bread
Fresh Fruit, Milk

THURSDAY

Cheese Tortellini
Tomato Lentil Sauce
Parmesan Cheese
Broccoli Floret and Cucumber Sticks
Whole Wheat Bun
Fresh Fruit, Milk

FRIDAY

All Beef Hamburger
Corn Niblets
Sliced Cheddar, Ketchup
Whole Wheat Burger Bun
Fresh Fruit, Milk

HOT LUNCH SELECTIONS

4

MONDAY

Whole Wheat Pasta
Turkey Meatballs with
Tomato Sauce
Parmesan Cheese
Pepper and Cucumber Sticks
Rye Bread
Fresh Fruit, Milk

TUESDAY

Moroccan Chicken Drums
Rice Pilaf
Baby Carrots
Whole Wheat Pita
Fresh Fruit, Milk

WEDNESDAY

Haddock Bites
Hash Brown Sticks
Broccoli Floret and Celery Sticks
Ketchup
Whole Wheat Bread
Fresh Fruit, Milk

THURSDAY

Chicken Breast Sandwich
Greek Salad, Dressing
Feta Cheese, Honey Mustard Sauce
Whole Wheat Burger Bun
Fresh Fruit, Milk

FRIDAY

Beef and Vegetables Braised Stew
Mashed Red Potatoes
Green Beans
Whole Wheat Bun
Fresh Fruits, Milk

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notice based on availability**