

Sample Lunch (Menu)

Monday

Tuesday

Wednesday

Thursday

Friday

		Grilled Burger w/ lettuce & tomato Baked Chips Fresh Fruit	Turkey Meatloaf Smashed Potatoes English Peas	Popcorn Chicken Sweet Corn Tatar Tots
Chicken & Dressing Green Beans Yeast Rolls	Beef Patty w/ Gravy Steamed Broccoli Steamed Rice	Grilled Cheese Baked Chips Sliced Fruit	Star Fish Sweet Corn Fresh fruit	Crossiant w/ Tuna Baked Chips Fresh Fruit
Chicken Casserole Green Beans Yeast Rolls	Chop Steak Potatoes Pearls w. Cheese Baby Carrots	Turkey Wrap Slice Fruit Baked Chips	Pizza w/ Cheese Baked Chips Fruit Cup	Fried Chicken Drummetts Mac & Cheese Pinto Beans Corn Muffin
Salisbury Steak Mashed Potatoes Honey glazed Carrots	Star Fish Baked Bean Cheese Sea Shells	Tuna on Wheat Fresh Fruit Green Beans	Spaghetti w/ Meatballs Sweet Corn Yeast Rolls	Chicken Sandwich w/ lettuce & Tomato Baked Chips Sliced Fruit
Fish Sticks Baked Beans Mac & Cheese	Rotisserie Chicken Rice Pilaf Sweet Peas	Turkey Ham on Wheat Baked Chips Fresh Fruit	Turkey Meatloaf Steamed Cabbage Mashed potatoes	Closed

* All meals comes with Fruit ,Veggie, Starch , Entrée, bread

Heart Healthy Eating is the Key to a Healthy Life!

Chef Julia May