

Spring Menu Week Three 2010

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>							
			<ul style="list-style-type: none"> <li>● Pancakes</li> <li>● Sliced Peaches</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● Scrambled Cheese Eggs</li> <li>● Sausage Links</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● French Toast</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● Ham &amp; Cheese Omelet</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>	<ul style="list-style-type: none"> <li>● Fried Egg &amp; Cheese</li> <li>● Ham Steak</li> <li>● Assorted Juice</li> <li>● Assorted Yogurt</li> <li>● Assorted Cereals</li> </ul>
<b>Daily Specials</b>							
			<ul style="list-style-type: none"> <li>● Cucumber, Red Onion &amp; Tomato Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Greek Salad with Spinach &amp; Feta</li> </ul>	<ul style="list-style-type: none"> <li>● Orzo Vegetable Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Oriental Veggie Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Spinach Egg &amp; Bacon Salad</li> </ul>
	<ul style="list-style-type: none"> <li>● Minestrone Soup</li> </ul>		<ul style="list-style-type: none"> <li>● Clam Chowder</li> </ul>	<ul style="list-style-type: none"> <li>● Chili</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Barley Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken &amp; Rice Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Hobo Stew</li> </ul>
Vegetarian Soup	<ul style="list-style-type: none"> <li>● Tomato Soup</li> </ul>		<ul style="list-style-type: none"> <li>● Cream of Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>● Cold Cucumber Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Tomato Bisque with Cheese Toast</li> </ul>	<ul style="list-style-type: none"> <li>● Spicy Potato Soup</li> </ul>	<ul style="list-style-type: none"> <li>● Gazpacho</li> </ul>
<b>Lunch</b>							
	<ul style="list-style-type: none"> <li>● Hamburgers</li> <li>● Hot Dogs</li> <li>● Oven Fries</li> <li>● Steamed Broccoli</li> </ul>		<ul style="list-style-type: none"> <li>● Hot Pastrami &amp; Swiss</li> <li>● Grilled Chicken Breast</li> <li>● Bulky Roll</li> <li>● Steamed Spinach</li> <li>● Lettuce &amp; Tomato</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Salad Wrap</li> <li>● Egg Salad Wrap</li> <li>● Tuna Salad Wrap</li> <li>● Potato Salad</li> <li>● Coleslaw</li> <li>● Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>● BBQ Pork Ribs</li> <li>● BBQ Chicken Breast</li> <li>● Garden Rice</li> <li>● Zucchini &amp; Summer Squash</li> </ul>	<ul style="list-style-type: none"> <li>● Italian Cold Cuts</li> <li>● Sub Rolls</li> <li>● Sliced Roast Beef</li> <li>● Choice of Bread</li> <li>● Brussels Sprouts</li> <li>● Assorted Chips</li> </ul>	<ul style="list-style-type: none"> <li>● Cheese Pizza</li> <li>● Pepperoni Pizza</li> <li>● Vegan Vegetable Pizza on Whole Wheat Crust</li> <li>● Steamed Broccoli</li> <li>● Caesar Salad</li> </ul>
Vegetarian Entrée	<ul style="list-style-type: none"> <li>● Cauliflower Casserole</li> </ul>		<ul style="list-style-type: none"> <li>● Grilled Portabella Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>● Fusilli with Peppers &amp; Onions</li> </ul>	<ul style="list-style-type: none"> <li>● Asparagus &amp; Feta</li> </ul>	<ul style="list-style-type: none"> <li>● Open Face Black Bean Quesadilla</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Eggplant Rollatini with Ricotta</li> </ul>
	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>		<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>
<b>Dinner</b>							
	<ul style="list-style-type: none"> <li>● Meatball Subs</li> <li>● Mexican Chicken Breast</li> <li>● Egg Noodles</li> <li>● Steamed Green Beans</li> <li>● Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Seasoned Chicken Quarters</li> <li>● Baked Pollock</li> <li>● Mashed Potatoes</li> <li>● Carrots</li> </ul>	<ul style="list-style-type: none"> <li>● Glazed Pork Chop with Cinnamon</li> <li>● Swedish Meatballs</li> <li>● Egg Noodles</li> <li>● Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>● Pot Roast</li> <li>● Honey Dijon Chicken Breast</li> <li>● Oven Roasted Potatoes</li> <li>● Glazed Carrots</li> </ul>	<ul style="list-style-type: none"> <li>● Cinnamon Beef Noodles</li> <li>● Coconut Curried Chicken Breast</li> <li>● Vegetable Stir Fry</li> <li>● Egg Rolls</li> </ul>	<ul style="list-style-type: none"> <li>● Meatloaf</li> <li>● Turkey Loaf</li> <li>● Mashed Potatoes &amp; Cauliflower</li> <li>● Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>● BBQ Chicken</li> <li>● Country Sausage Gravy</li> <li>● White Rice</li> <li>● Steamed Corn</li> </ul>
Vegetarian Entrée	<ul style="list-style-type: none"> <li>● Plain Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>● Spicy Acorn Squash</li> </ul>	<ul style="list-style-type: none"> <li>● Vegetable Tofu Medley</li> </ul>	<ul style="list-style-type: none"> <li>● Vegetarian Chili</li> </ul>	<ul style="list-style-type: none"> <li>● Spinach &amp; Feta Casserole</li> </ul>	<ul style="list-style-type: none"> <li>● Vegetarian Stuffed Peppers</li> </ul>	<ul style="list-style-type: none"> <li>● Vegetable Couscous</li> </ul>
	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Chocolate Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Home Baked Cookies</li> </ul>	<ul style="list-style-type: none"> <li>● Assorted Fresh Fruit</li> </ul>

The following menu is based on a four-week Master Cycle Menu, whose Spotlight dot colors have been reviewed for accuracy by SAGE's Registered Dietitian. The Master Cycle Menu is available through your Food Service Director.