

Please note: The Lemon Pepper Cod and the Chicken Fingers and Wedge Fries are best reheated in the oven.

MOW- MENU

Nov-20

TUESDAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
CHOICE 1	Hearty Beef Vegetable Soup Mac and Cheese Broccoli Bean Salad Cherry Lattice Cake Roll / Butter	Tomato Tortellini Soup Chicken Fingers (2) Wedge Fries (6) Tossed /Salad dressing Chocolate Fudge cake Roll / Butter	Cr of Potato and Bacon Soup Greek Chicken Pasta Winter Vegetable Cucumber /Tomato Salad Pears Roll/Butter	Chicken noodle Soup Vegetable Lasagna Italian Vegetable Tossed Salad /Dressing Peaches Roll / Butter
CHOICE 2	Clam Chowder Soup Baked Chicken /Gravy Savory Diced Potatoes Gr Beans Pickled Beets Peaches Roll / Butter	Cr of Broccoli Soup Sweet and Sour Meatballs Rice Oriental Vegetable Cucumber Slices Applesauce Roll / Butter	Chicken Creole Gumbo Soup Salisbury Steak/ Gravy Baby Roasted Potatoes Carrots Cottage Cheese Vanilla Pudding Roll/Butter	Split Pea and Ham Soup Pork Cutlet/ Onion Gravy Savory Diced Potato Broccoli Bean Salad Strawberry Mousse Roll/Butter
THURSDAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
CHOICE 1	Cr of Tomato and Red pepper Lemon Pepper Cod/Tartar Sauce Rice Carrots Coleslaw/ Mayo pkg Brownie w/ nuts Roll / Butter	Smoked Turkey Rice Soup Roast Beef/Gravy Mashed Potatoes Rutabaga Bean Salad Chocolate Pudding Roll / Butter	Cr of Chicken Soup Meatloaf/ Gravy Mashed Potatoes Sunrise Vegetables Pickled Beets Carrot Cake Roll / Butter	Chicken Creole Gumbo Soup Cabbage Rolls Peas Cottage Cheese Apple Sauce Roll / Butter
CHOICE 2	White Borsht Soup Beef /Squash Stew Mashed Potato Peas Cucumber /Tomato Salad Mandarin Oranges Roll / Butter	Cr of Potato and Leek Soup Chicken Thigh/Gravy Rice Carrots Tossed /Salad dressing Honeydew Melon Roll / Butter	Hearty Beef Vegetable Soup Baked Salmon Rice Broccoli Tossed Salad/ Dressing Fruit Cocktail Roll / Butter	Cr of Celery Soup Roast Turkey /Gravy Mashed Potato/Gravy Green Beans Dill Pickles Carrot Cake Roll / Butter