



weekly menu

Week 1

Volodymyr Mykhaliv, Registered Dietitian

	SUN 1-Aug	MON 2-Aug	TUES 3-Aug	WED 4-Aug	THURS 5-Aug	FRI 6-Aug	SAT 7-Aug
BREAKFAST							
Always Served with Assorted Juices & Fresh Fruit Cup	Cold Cereal OR Oatmeal Scrambled Eggs with Cheese Served with a Plain Bagel	Cold Cereal OR Oatmeal Pancakes Served with Syrup and a Meatless Vegetarian Sausage Patty	Cold Cereal OR Oatmeal Western Scrambled Eggs Served with Home Fries	Cold Cereal OR Oatmeal French Toast Served with Syrup and a Meatless Vegetarian Sausage Patty	Cold Cereal OR Oatmeal Scramble Eggs Served with Hash Brown Potatoes	Cold Cereal OR Oatmeal Blueberry Pancakes Served with Syrup and a Meatless Vegetarian Sausage Patty	Cold Cereal Strawberries and Cream Parfait Blueberry Muffins
LUNCH							
Soup	Cream of Tomato	Split Pea	White Bean	Garden Vegetable	Cream of Mushroom	Carrot Ginger	Minestrone
Entrees	Vegetable Lasagna Served with Italian Bread Herbed Carrots	Broccoli Cheddar Quiche Served with Red Potato Salad Harvard Beets	Asian Tofu Vegetable Stir Fry Served with White Rice Watermelon Mint & Chile Salad	Lemon Butter Tilapia Served with Roasted Red Pepper Couscous Tomato and Red Onion Salad	Cheese Blintz Souffle Roasted Butternut Squash	Garden Burger with Cheese on Kaiser Roll Served with Shoestring French Fries Steamed Green Peas	Beef Kielbasa Served Egg Noodles Sautéed Spinach and Onions
Dessert	Macaroon	Rice Pudding Spinkled with Cinnamon	House Baked Chocolate Chip Cookie	Raspberry Jelly Roll	Banana Bread	Pound Cake topped with Berries and Whipped Topping	Chocolate Cake with Frosting
DINNER							
Soup	Roasted Onion	Beef Barley	Tomato Spinach	Italian Wedding	Turkey Noodle	Chicken Matzo Ball	Cream of Broccoli
Entrees	Beef Stuffed Peppers with Tomato Sauce and Rice Pilaf Garden salad	Swedish Meatballs served with Egg Noodles Roasted Zucchini	Oven Fried Chicken with Mashed Potatoes and Gravy Green Beans	Corned Beef Ruben Sandwich on Rye served with Classic Potato Salad Glazed Carrots	Chicken Caccitore with Garlic and Herb Roasted Potatoes Steamed Broccoli	Oven Braised Flanken with Horseradish Sauce Served with Potato Kugel Broccoli and Cauliflower Challah Bread	White Fish Salad Platter served with a Soft Roll Marinated Beet Salad
Dessert	Yellow Cake with Strawberry Icing	Blueberry Cobbler	Pear, Apple, Raisin, Cinnamon Cake	Iced Brownies	Honey Cake	Lemon Cake	Apple Pie
Evening Snack							
	Cookies	Fruited Yogurt	Ice Cream	Graham Crackers	Cookies	Fruited Yogurt	Ice Cream

*We proudly make all our salad dressings in house!