

SAMPLE

AMERICAN - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Soup 6 oz. Chicken Oreganato 3 oz. Rice Pilaf 4 oz. Sautéed Spinach 4 oz. Garden Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	2 Italian Wedding Soup 6 oz. Pepper Steak 3 oz. White Rice 4 oz. String Beans 4 oz. Romaine & Tomato Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	3 Cream of Broccoli 6 oz. Chicken Cutlet 3 oz. Yellow Rice 4 oz. Mixed Vegetables 4 oz. Wheat Dinner Roll 1 each Macaroni Salad 4 oz. 8 oz. Milk Fresh Fruit 4 oz.	4 Lentil Soup 6 oz. Hamburger on Bun 3 oz. Mashed Potatoes 4 oz. Cauliflower 4 oz. Coleslaw 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.
7 Cream of Potato 6 oz. Swedish Meatballs 3 oz. Egg Noodles 4 oz. Sautéed Broccoli Florets 4 oz. Garden Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	8 Escarole and Beans 6 oz. Baked Salmon 3 oz. Baked Potato 4 oz. String Beans 4 oz. Romaine & Tomato Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	9 Beef Barley Soup 6 oz. B/O Center Cut Pork Chop 3 oz. (Alternate: Chicken Cutlet 4 oz.) Yellow Rice 4 oz. Mashed Sweet Potatoes 4 oz. Wheat Dinner Roll 1 each Tomato Salad 4 oz. 8 oz. Milk Fresh Fruit 4 oz.	10 Pasta Fagioli 6 oz. Pot Roast 3 oz. Mashed Potatoes 4 oz. Glazed Carrots 4 oz. Cucumber & Tomato Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	11 Cream of Celery Soup 6 oz. Cavatelli & Brocc w/Chix 3 oz. Peas & Carrots 4 oz. Beet & Onion Salad 4oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.
14 Turkey Noodle 6 oz. BBQ Pork Ribs 3 oz. (Alternate: Chicken Cutlet 3 oz.) Rice Pilaf 4 oz. Sautéed Cauliflower 4 oz. Garden Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	15 Cream of Mushroom Soup 6 oz. London Broil w/Au Jus 3 oz. Baked Sweet Potato 4 oz. String Beans 4 oz. Romaine & Tomato Salad 4 oz Wheat Dinner Roll 1 each 8 oz Milk Fresh Fruit 4 oz.	16 Vegetable Barley Soup 6 oz. Breaded Pork Chop 3 oz. (Alternate: Chicken Cutlet 4 oz.) Brown Rice 4 oz. Green Beans 4 oz. Wheat Dinner Roll 1 each Chick Pea Salad 4 oz. 8 oz. Milk Fresh Fruit 4 oz.	17 Turkey Noodle 6 oz. Sausage & Peppers 3 oz. (Alternate: Chicken Cutlet 3 oz.) White Rice 4 oz. Roasted Green Zucchini 4 oz. Cucumber & Tomato Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	18 Cream of Carrot Soup 6 oz. Chix Cordon Blue 3 oz. Peas & Carrots 4 oz. Beet & Onion Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.
21 Minestrone 6 oz. Chicken Parmigiana 3 Oz. (Alternate: Chicken Cutlet 4 oz) White Rice 4 oz. Roasted Carrots 4 oz. Garden Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	22 Cream of Mushroom Soup 6 oz. Roasted Boneless chicken 3 oz. Roasted Red Potato 4 oz. String Beans Oreganato 4 oz. Romaine & Tomato Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	23 Baked Potato Soup 6 oz. Baked Virginia Ham 3 oz. Yellow Rice 4 oz. Mashed Cauliflower 4 oz. Wheat Dinner Roll 1 each Macaroni Salad 4 oz. 8 oz. Milk Fresh Fruit 4 oz.	24 Chicken Soup 6 oz. Beef Meatballs 3 oz. Spaghetti Marinara 3 oz. Roasted Squash 4 oz. Cucumber & Tomato Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	25 Cream of Carrot Soup 6 oz. Chix, Broccoli, WW Penne 3 oz. Sautéed Carrots 4 oz. String Bean Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.
28 Chicken Soup 6 oz. Chicken Stir-fry 3 oz. White Rice 4 oz. Sautéed Broccoli Florets 4 oz. Potato Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	29 Chix w/ Rice Soup 6 oz. Whole Penne, Chix And Tomatoes 3 oz. Roasted Sweet Potatoes 4 oz. Mixed Vegetables 4 oz. Coleslaw 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	30 Lentil Soup 6 oz. Breaded Chicken Cutlet 3 oz. Mashed Potatoes 4 oz. Sautéed Spinach 4 oz. Beet & Onion Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	31 Cream of Broccoli Soup 6 oz. Beef Stir-fry 3 oz. White Rice Peas & Carrots 4 oz Chick Pea Salad 4 oz. Wheat Dinner Roll 1 each 8 oz. Milk Fresh Fruit 4 oz.	