

Standard Menu 2023



You may receive for MONDAYS:	You may receive for TUESDAYS:	You may receive for WEDNESDAYS:	You may receive for THURSDAYS:	You may receive for FRIDAYS:	You may receive for SATURDAYS:	You may receive for SUNDAYS:
Breakfast: Chuck's Cornbread ^V Chuck's Blueberry Pancakes ^V Savory Biscuit ^V French Toast ^V	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Vegetable Scramble ^V Zucchini Egg Bake ^V Vegetable Frittata ^V Southwest Omelet ^V	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit
Soup/Salad^V: Cuban Black Bean/ Basil Macaroni Cannellini Bean & Barley /Bulgur Wheat & Lentils Caramelized Onion /Green Quinoa Curried Carrot /Farro Beet	Soup^V: Split Pea Soup Curried Red Beet Coconut Curry Corn Gazpacho	Soup/Salad^V: Puree of Mushroom /Roasted Chickpea Salad with Kale Smoky Three Bean /Couscous Salad with Mint & Sumac Puree of Parsnip/ Asian Brown Rice & Edamame Salad Pureed Spinach /Black Lentil Herb Salad	Soup^V: Turmeric Lemongrass Puree of Summer Squash Butternut Squash Puree Quinoa Vegetable	Soup^V: Potato White Bean Lemony Lentil Curried Potato Smoky Eggplant	Soup^V: Celery & Roasted Garlic Potato Broccoli Vegetable Puree Black Bean & Hominy	Soup^V: Creole Vegetable Yellow Pea Black Eyed Peas & Collard Greens Vegan Sancocho
Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll
Entrée: Salmon with Herb Pesto Quinoa Pilaf Mixed Vegetables Miso Glazed Cod Green Fried Millet Mixed Vegetables Baja Fish w/ Lime Sauce Tomato Rice Mixed Vegetables Ginger Glazed Pollock w Asian Slaw Mixed Vegetables	Entrée: Brown Stew Chicken Bulgur w/ Pigeon Peas Mixed Vegetables Chicken w/ Peppers and Onions Pasta Mixed Vegetables Crustless Chicken Pot Pie Wild Rice Mixed Vegetables Adobo Glazed Chicken Garlic Rice w/ Corn Potato Cauliflower Mash	Entrée: Braised Beef w/ Mint & Sumac Mixed Vegetables Ginger Braised Beef Peas and Pearls Mixed Vegetables Beef Burger w House Made Ketchup Mixed Vegetables Beef Picadillo Garlic Egg Rice Mixed Vegetables	Entrée: Kale Burger ^V Mashed Potatoes Mixed Vegetables ^V Black & White Bean Stew ^V Mixed Vegetables Vegetable Burger ^V Bulgur Wheat Mixed Vegetables Chickpea Curry ^V Couscous Mixed Vegetables	Entrée: Braised Pork and Beans Mixed Vegetables Sweet and Sour Pork White Rice Mixed Vegetables Smothered Pork Stew Smashed Potato Mixed Vegetables Sofrito Diced Pork Quinoa with Pigeon Peas Mixed Vegetables	Entrée: Escabeche Style Fish Black Bean Puree Mixed Vegetables Cape Cod Baked Fish Red Quinoa Rice Mixed Vegetables Teriyaki Glazed Salmon Five Spice Rice Mixed Vegetables Pollock w Caper Relish Pesto Pasta Shells Mixed Vegetables	Entrée: Minced Beef w Black Eyed Peas Curried Rice Mixed Vegetables Sofrito Meatloaf Sweet Potato Mash Mixed Vegetables Beef Chili Verde Yellow Rice Mixed Vegetables Balsamic Beef Sliders Basil Mashed Potatoes Mixed Vegetables
Dessert: In-house Baked Cookie	Dessert: Fruit	Dessert: Fruit	Dessert: Crumb Cake	Dessert: Fruit	Dessert: Fruit	Dessert: Fruit

^V = Vegetarian