



OCTOBER 11TH – OCTOBER 17TH

Week III

Week at a Glance



	10/11/09	10/12/09	10/13/09	10/14/09	10/15/09	10/16/09	10/17/09
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APPETIZERS	<ul style="list-style-type: none"> • Minestrone Soup • Tossed Salad with Dressing 	<ul style="list-style-type: none"> • Split Pea Soup • Caesar Salad with Croutons 	<ul style="list-style-type: none"> • Chicken Noodle Soup • Spinach Salad 	<ul style="list-style-type: none"> • Beef Barley Soup • Greek Salad 	<ul style="list-style-type: none"> • Vegetable Soup • Tossed Salad with Dressing 	<ul style="list-style-type: none"> • Manhattan Clam Chowder • Tortellini Salad 	<ul style="list-style-type: none"> • Cream of Asparagus Soup • Tossed Salad with Dressing
LUNCH	<ul style="list-style-type: none"> • Rigatoni w/ Meat Sauce • Coconut Shrimp • Cottage Cheese & Fruit Platter 	<ul style="list-style-type: none"> • Roast Chicken • Beef Pot Pie • Turkey Club Sandwich 	<ul style="list-style-type: none"> • Medallions of Beef • Irish Lamb Stew • Cottage Cheese & Fruit Platter 	<ul style="list-style-type: none"> • Grilled Tuna • Coconut Chicken • Chicken Salad Platter 	<ul style="list-style-type: none"> • Chicken Cacciatore • Crab Cakes with Lemon • Tuna Stuffed Tomato 	<ul style="list-style-type: none"> • Mahi-Mahi • Meatloaf • Brie Cheese Board 	<ul style="list-style-type: none"> • Lasagna • Baked Virginia Ham • Stromboli
APPETIZERS	<ul style="list-style-type: none"> • Fresh Tomato, Red Onion, Basil Vinaigrette • Cream of Mushroom Soup 	<ul style="list-style-type: none"> • New England Clam Chowder • Cucumber Salad 	<ul style="list-style-type: none"> • Tomato Soup • Carrot & Raisin Salad 	<ul style="list-style-type: none"> • Navy Bean Soup • Tossed Salad with Dressing 	<ul style="list-style-type: none"> • Cream of Potato Soup • Tomato & Onion Vinaigrette 	<ul style="list-style-type: none"> • Fisherman's Chowder • Artichoke Salad 	<ul style="list-style-type: none"> • Chicken Noodle Soup • Raw Vegetable Crudite with Dip
DINNER	<ul style="list-style-type: none"> • Chicken Livers • Tuna Melt • Spanish Omelet 	<ul style="list-style-type: none"> • Macaroni & Cheese with Ham • Breaded Scallops • Chef Salad 	<ul style="list-style-type: none"> • Chicken Stir Fry • Baked Haddock with Lemon Sauce • Taylor Ham, Egg And Cheese on a Roll 	<ul style="list-style-type: none"> • Linguini with White or Red Clam Sauce • Hungarian Cottage Cheese & Fruit Platter • Goulash 	<ul style="list-style-type: none"> • Chicken Kiev • Stuffed Breads • Cottage Cheese & Fruit Platter 	<ul style="list-style-type: none"> • Honey Dipped Chicken • Hot Dog on Bun • Cottage Cheese & Fruit Platter 	<ul style="list-style-type: none"> • Shrimp and Scallops • Western Omelet or Country Style Scrambled Eggs • Salami & Provolone on Pumpernickel Bread