

December 2017

Mon

Tue

Wed

Thu

Fri

The numbers listed after each item are the total calories, fat, fiber, protein, carbohydrates, and sodium

example

* Tomato Florentine (80, 0.5, 1, 3, 17, 780)



1
Special & Soup De jour

4
Egg Rolls \$3.50
Mexican Roast Beef Rollups \$4.00
Thai Chicken & Rice, spicy \$2.00 (Y-GF) (240,18,1,7,13,990)

5
Fish Sandwich \$4.50
Apple cheese Lunch \$3.50
Italian Wedding \$2.00 (N-GF) (110,3.5,1,5,14,740)

6
Crispy Chicken Sandwich \$4.50
Greek Salad Wrap \$4.00
Loaded Baked Potato \$2.00 (N-GF) (170,9,1,6,16,780)

7
Veggie stir fry \$4.00
Rainbow Pasta Salad \$4.00
Chicken Tortilla \$2.00 (Y-GF) (130,4,3,6,18,880)

8
Special & Soup De jour

11
Meatloaf Mashed potato W/Gravy Corn \$4.50
Buffalo Chicken Wrap \$4.00
Chili Con Carne \$2.00 (N-GF) (210,6,6,14,25,780)

12
Sweet & Sour Meatballs over Rice Italian veggies \$4.50
Spinach-Orange Salad \$4.00 (58,0.4,3,0,2,0,13,1,96)
White Bean w/Tuscan Chicken (N-GF) (90, 1.5, 3,5,13,140)

13
Turkey w/gravy, cranberry sauce, rosemary potatoes and Capri veggies \$4.50
Cranberry Waldorf Salad \$4.00 (103,2.3,1,7,2,5,19,9,31)
Tomato Florentine \$2.00 (N-GF) (80,.5,1,3,17,780)

14
Ravioli Lasagna \$4.00
Chicken Sundried Tomato Pesto \$4.50
Garden Vegetable \$2.00 (N-GF) (70,1,2,1,13,780)

15
Special & Soup De jour

18
French Dip \$4.50
Sassy BBQ Chicken \$4.50
Cheesy Chicken Enchilada (N-GF) (160,6,3,9,17,1040)

19
Beef Stroganoff \$4.50
Asian Chicken & Bowtie Pasta Salad \$4.00
Split Pea (Y-GF) (160,4,7,9,23,780)

20
Hamburger/Cheeseburger/ Veggie burger \$4.50
Curried Chicken & Pasta Salad \$4.00
Beef Stew (N-GF) (210, 10, 3, 10,21,860)

21
Generals Chicken Over Rice \$4.50
Blast Wrap \$4.00
Lobster Bisques (N-GF) (90, 4, 0, 2, 12,1220)

22
Special & Soup De jour

25


26
Pot Stickers \$3.50
Roast Beef & Gouda \$4.50
Jambalaya (N-GF) (240,12,2,13,21,1290)

27
Chicken Florentine Lasagna \$4.50
Cheese & Vegetable Platter \$4.00
Black Bean w/Chipotle Pepper (N-GF) (130, 1.5, 6, 8, 21,690)

28
Buffalo Chicken Pizza \$4.00
Ham Pinwheels \$.00
New England Clam Chowder (N-GF) (110,4,1,3,15,790)

29
Special & Soup De jour