

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

1

MONDAY

Whole Wheat or Vegetable Pasta
Cheese Sauce
Pepper and Cucumber Sticks
Whole Wheat Bread
Fresh Fruits, Milk

TUESDAY

Chicken Breast Nuggets
Rice Pilaf
Ketchup
Baby Carrots
Onion Bun
Fresh Fruits, Milk

WEDNESDAY

Potato Crust Blue Cod
Couscous with Roasted Carrots
Tartar Sauce
Green Beans and Tomato Wedge
Pumpnickel Bun
Fresh Fruits, Milk

THURSDAY

Beef Meatball in Tomato Sauce
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Asparagus and Baby Corn
Garlic Pita Bread
Fresh Fruits, Milk

FRIDAY

Mushroom Chicken
Rice Pilaf
Cabbage and Mixed Green salad, Dressing
Whole Wheat Villaggio Bread
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

2

MONDAY

Chicken Cacciatore
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Pepper and Cucumber Sticks
Garlic Bun
Fresh Fruits, Milk

TUESDAY

Beef and Beans stirfry
Rice Pilaf
Mixed Green Salad, Dressing
Marble Rye Bread
Fresh Fruits, Milk

WEDNESDAY

Chicken Breast Chunk
Roast Potatoes
Ketchup
Broccoli Floret and Yellow Beans
Whole Wheat Bun
Fresh Fruits, Milk

THURSDAY

Whole Wheat or Vegetable Pasta
Ricotta Tomato sauce
Parmesan Cheese
Cauliflower Floret and Celery Sticks
Challah Bread
Fresh Fruits, Milk

FRIDAY

Crispy Pollack
Masala Rice
Ketchup
Green and Yellow Beans
Dinner Roll
Fresh Fruits, Milk

Veggie sticks and Bread may change without notice based on availability.

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

3

MONDAY

Chicken Meatball in Rose Sauce
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Carrot and Cucumber Sticks
Corn Bread
Fresh Fruits, Milk

TUESDAY

Turkey and Vegetable Soup
Salami, Chicken and Cheese Submarine
Mustard
Sausage Bun
Fresh Fruits, Milk

WEDNESDAY

Chili Chicken
Rice Pilaf
Yellow Bean and Celery stick
Whole Wheat Bun
Fresh Fruits, Milk

THURSDAY

Beef Lasagna
Mixed Green Salad, Dressing
Whole Wheat Bread
Fresh Fruits, Milk

FRIDAY

Fish Pollack Burger
Rice Pilaf
Ketchup
Baby Carrots
Pull Apart Bun
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

4

MONDAY

Beef Bolognese
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Pepper and Cucumber Sticks
Pumpnickel Bread
Fresh Fruits, Milk

TUESDAY

Fish Sticks
Quinoa
Ketchup
Baby Carrots
Whole Wheat Bun
Fresh Fruits, Milk

WEDNESDAY

Chicken Breast Burger
Fried Rice
Burger Sauce
Cauliflower Floret and Baby Corn
Burger Bun
Fresh Fruits, Milk

THURSDAY

Beef Tacos
Lettuce, Sour Cream
Cheese
Whole Wheat Flour Tortillas
Fresh Fruits, Milk

FRIDAY

Chicken Kafta with Feta and Spinach
Roast Potatoes and Bell Peppers
Ketchup
Hot Dog Bun
Fresh Fruits, Milk

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notice based on availability**

