

♥ Heart Healthy \*High in Sodium

Sunday, January 2, 2021

## **Lunch Menu**

### **Salad Bar**

#### SOUP OF THE DAY

### **Navy Bean**

#### ENTRÉE

### **Baked Ham With Pineapples**

### **Chicken Florentine ♥ Penne pasta**

#### ACCOMPANIMENTS

### **Baked Potato Broccoli ♥**

#### DESSERT

### **Chocolate Pudding (W/whipped Cream)**

### **Sugar Free Chocolate Pudding**

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Sunday, January 2, 2021

## **Dinner Menu**

### SOUP OF THE DAY

#### **Navy Bean**

#### ENTRÉE

**Kielbasa and Sauer kraut**  
**2-Potato Pancakes**

#### **Quiche**

**Ham, Broccoli, Cheddar, cheese**

### ACCOMPANIMENTS

**Whole green beans ♥**

### DESSERT

**Assorted Pies & Cakes**  
**Sugar Free Assorted Pies & Cakes**

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Monday, January 3, 2021

## **Lunch Menu**

### **Salad Bar**

SOUP OF THE DAY

**Cream of Chicken**

ENTRÉE

**Homemade Meat Loaf**

**With Onion Gravy**

**Baked White Fish ♥**

**Moist and Flakey (lemon wedge)**

**(Pangasius)**

ACCOMPANIMENTS

**Stewed Tomatoes \***

**Roasted Potatoes / Carrots ♥**

DESSERT

**Tapioca Pudding**

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Monday, January 3, 2021

## **Dinner Menu**

SOUP OF THE DAY

**Cream of Chicken**

ENTRÉE

**Roasted Pork ♥**

**With Pork Gray**

**Turkey BLT Wrap**

**DELI TURKEY WITH BACON AND SHREDDED LETTUCE  
DICED TOMATOES**

ACCOMPANIMENTS

**Seasoned Carrots ♥**

**Mashed Potatoes**

**Macaroni Salad**

DESSERT

**Assorted Pies & Cakes**

**Sugar Free Assorted Pies & Cakes**

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Tuesday, January 4, 2021

## **Salad Bar**

## **Lunch Menu**

### SOUP OF THE DAY

### **Cream of Celery**

### ENTRÉE

### **Potato Crusted Cod**

### **Homemade Turkey Burgers**

**On a bun with**

**Onion Rings**

### ACCOMPANIMENTS

**Baked Sweet Potato ♥**

**Green Beans ♥**

### DESSERT

**Sliced Peaches**

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Tuesday, January 4, 2021

## **Dinner Menu**

SOUP OF THE DAY

**Cream of Celery**

ENTRÉE

**Sacchetti Purse Prosciutto  
Pasta**

**In Homemade Marinara Sauce**

**Chicken Fingers**

**Honey mustard dipping sauce**

**With French fries**

ACCOMPANIMENTS

**Seasoned Cauliflower**

DESSERT

**Assorted Pies & Cakes**

**Sugar Free Assorted Pies & Cakes**

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Wednesday, January 5, 2021

## **Salad Bar**

## **Lunch Menu**

### SOUP OF THE DAY

#### **Pasta e Fagoli Soup**

### ENTRÉE

#### **Beef a Roni \***

#### **Herb Chicken Wings**

### ACCOMPANIMENTS

#### **Cheesy Potatoes** **Seasoned Spinach ♥**

### DESSERT

#### **Banana Pudding** **Whipped Cream**

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Wednesday, January 5, 2021

## **Dinner Menu**

### SOUP OF THE DAY

**Pasta e Fagoli Soup**

### ENTRÉE

**Italian Sliders**

**Roasted Turkey ♥  
With Turkey Gravy**

### ACCOMPANIMENTS

**Potato Salad ♥  
Bread Stuffing  
Roasted Vegetable ♥**

### DESSERT

**Assorted Pies & Cakes**

**Sugar Free Assorted Pies & Cakes**



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Thursday, January 6, 2021

## **Lunch Menu**

### **Salad Bar**

SOUP OF THE DAY

**Beef Barley**

ENTRÉE

**Veggie Burger**  
On a soft roll

**Roast Beef**  
**With Gravy**

ACCOMPANIMENTS

**Asparagus**  
**Macaroni Cole slaw salad**  
**Rice Pilaf ♥**

DESSERT

**Sliced Pears**

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Thursday, January 6, 2021

## **Dinner Menu**

SOUP OF THE DAY

### **Beef Barley**

ENTRÉE

### **Chef Salad ♥**

**Ham/Provolone cheese/turkey  
Boiled Eggs/Cucumber/Tomato**

### **Open Faced Ruben \***

**Corn beef/Rye bread/Thousand Island dressing  
Melted Swiss cheese**

DESSERT

### **Assorted Pies & Cakes**

**Sugar Free Assorted Pies & Cakes**

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Friday, January 7, 2021

## **Lunch Menu**

### **Salad Bar**

#### SOUP OF THE DAY

**New England clam chowder**

#### ENTRÉE

**Broiled Pollock ♥**

**With buttered lemon sauce**

**Veal & Mushrooms ♥**

#### ACCOMPANIMENTS

**Sweet Corn ♥**

**Mashed Potato ♥**

#### DESSERT

**Vanilla Pudding**

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Friday, January 7, 2021

## **Dinner Menu**

### SOUP OF THE DAY

**New England clam chowder**

### ENTRÉE

**Tuna salad Sandwich  
On a Kaiser roll  
Cole slaw**

**General TOS Chicken**

**Breaded chicken chunks tossed in an Asian sauce**

### ACCOMPANIMENTS

**Low Mien Noodles \***  
**Asian Blend Vegetables ♥**

### DESSERT

**Assorted Pies & Cakes Sugar  
Free Assorted Pies & Cakes**

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Saturday, January 8, 2021

## **Lunch Menu**

### **Salad Bar**

#### SOUP OF THE DAY

### **Minestrone**

#### ENTRÉE

### **Vegetable Lasagna**

**Tender hand – placed noodles are layered with spinach,  
and a blend of cheeses**

### **Roasted chicken**

**Drum Stick and Thigh**

#### ACCOMPANIMENTS

**Au gratin Potatoes ♥**

**Carrots Coins ♥**

**Brussel Sprouts ♥**

#### DESSERT

**Sliced Pineapple**

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Saturday, January 8, 2021

## **Dinner Menu**

### SALAD OF THE DAY

#### **Minestrone**

#### ENTRÉE

#### **Pot Roast**

**With brown gravy**

#### **Egg Salad Platter**

**Lettuce/Tomato/Macaroni Salad**

### ACCOMPANIMENTS

**Succotash ♥**

**Orzo Vegetable Blend ♥**

### DESSERT

**Assorted Pies & Cakes**

**Sugar Free Assorted Pies & Cakes**

**SUNDAY, JULY 4, 2021**  
**Happy 4<sup>th</sup> of July**

**BBQ**

**Luncheon Menu**

ENTRÉE

**All Beef Grilled Hot Dogs**  
**Grilled Italian sausage**  
**Hamburgers**

ACCOMPANIMENTS

**Macaroni Salad**  
**Potato Salad, Cole Slaw**  
**Baked Beans**

DESSERT

**Assorted Ice Cream Novelties**  
**Or**  
**Watermelon**

