



LUNCH

Monday

Homemade Cheese Lasagna
Veg: Homemade Cheese Lasagna
 Green Peas
 Garden Salad
 Balsamic Vinaigrette
Fresh Pineapple

LUNCH

Tuesday

Thai-Style Chicken Stir-Fry
 w/ Red Peppers & Onion
Veg: Thai-Style Sautéed Beans
 Jasmine Rice
 Steamed Garlic Green Beans
 Asian Style Slaw
Fresh Cantaloupe

LUNCH

Wednesday

Jerk Pulled Turkey
 w/ Homemade Mild Jerk Sauce
Veg: Jerk Tofu
 Mashed Sweet Potatoes
 Whole Grain Corn Bread
 Chilled Garlic Broccoli
Fresh Bananas

LUNCH

Thursday

Lean Beef Tacos
Veg: Black Bean Tacos
 Mexicali Brown Rice
 Lettuce & Pico de Gallo
 Frijoles Negros
 Soft Tortilla Shells
Fresh Honeydew

LUNCH

Friday

Chicken Parmesan
Veg: Eggplant Parmesan
 Rotini Pasta
 Local Vegetable Medley
 Cold Local NY Sweet Corn
Fresh NY Apples