

MONDAY - JAN. 15

TUESDAY - JAN. 16

WEDNESDAY - JAN. 17

THURSDAY - JAN. 18

FRIDAY - JAN. 19

SATURDAY - JAN. 20

ENTREES

Hoisin Pork Tenderloin w/Soba Jambalaya*
 Thai Shrimp & Chicken Curry w/ Whole Roast Chicken Dinner
 Farro Risotto w/Rst. Veggies*
 Beef Stroganoff
 Veal & Peppers
 Stuffed Peppers*
 Ziti w/Broccoli & Chicken
 Shepherd's Pie
 Gril. Chicken & Penne w/Gorgonzola
 Shells w/Sausage & Marinara
 Beef Bourguignon
 Macaroni & Cheese
 Buttered Noodles
 Baked Ziti
 Stuffed Shells
 Black Beans & Brown Rice*
 Shrimp & Pasta Calabria
 Pasta Calabria
 Penne w/Vodka Sauce
 Chicken Limone w/Pasta
 Chicken Alicia
 Chicken Cordon Bleu
 Chicken Parmesan
 Chicken Marsala
 Chicken Picatta
 Chicken Francaise
 Grilled Chicken Breast*

ENTREES

Salmon w/Rst. Veggie/Lemon
 Chicken Pad Thai w/Chili-Garlic
 Baked Boston Cod w/Rice Pilaf
 Pork Chops Pizaiaola
 Whole Roast Chicken Dinner
 Escarole & White Beans*
 Vegetarian Stuffed Peppers*(Br
 Chicken Pot Pie
 Braised Chicken Kale+Tomato
 Stuffed Cabbage*
 London Broil w/Mashed Potatoes
 Cajun Chicken & Pasta w/Chipotle
 Spaghetti alla Carbonarra
 Meatloaf Dinner Dinner
 Tuscan Beef Stew
 Pasta w /Meat Sauce
 Baked Cheese Ravioli
 Stuffed Shells
 Sausage & Peppers*
 Shrimp Scampi
 Grilled Chicken & Grilled Vegetables
 Coconut Chicken w/Mango Salsa
 Chicken Alicia
 Chicken Cordon Bleu
 Chicken Parmesan
 Chicken Portofino
 Chicken Marsala
 Chicken Picatta
 Chicken Francaise
 Grilled Chicken Breast*
 Chicken Cutlets

ENTREES

Salmon w/Spicy Black Bean Sauce
 Chicken Enchiladas w/Rice & Cheese
 Roast Turkey Dinner w/Potatoes
 Whole Roast Chicken Dinner
 Braised Short Ribs w/Lardons
 Asian Flank Steak
 Himalayan Red Rice
 Pork Ragu w/Polenta
 Risotto alla Parma*
 Southern Chicken Tenders
 Southern Baked Chicken Dinner
 Chicken Stemperata
 Veal Parmesan
 Fried Shrimp w/Remoulade Sauce
 Lemon Sole w/Orzo
 Shepherd's Pie
 Macaroni & Cheese
 Stuffed Peppers* (meat)
 Stuffed Shells
 Grilled Chicken & Penne w/Brie
 Beef Bourguignon
 Meatloaf Dinner
 Grilled Shrimp Linguine
 Linguine w/Fresh Vegetables
 Shrimp w/Vodka Sauce
 Penne w/Vodka Sauce
 Chicken Alicia
 Chicken Cordon Bleu
 Chicken Parmesan
 Chicken Cordon Bleu
 Chicken Parmesan
 Chicken Parmesan & Pasta Dinner
 Chicken Marsala
 Chicken Picatta
 Chicken Francaise
 Grilled Chicken Breast*

ENTREES

Salmon Cappellini
 Shrimp Tomato Garlic Tagliatelle
 Beef Tenderloin
 Fish of The Day
 Chicken Burritos
 Pork Ragu w/Polenta
 Lemon Sole w/Orzo
 K. C. Ribs w/B.B.Q. Sauce
 Chicken Pot Pie
 Vegetable Stuffed Sole w/Couscous
 Herb Roasted Chicken w/Potatoes
 Baked Stuffed Shrimp w/Rice Pilaf
 Coconut Shrimp
 Crab Cakes w/Remoulade Sauce
 Tuscan Beef Stew
 Stuffed Shells
 Meatloaf Dinner
 Turkey Tetrazzini
 Shrimp Scampi
 Gril Chicken & Gril Vegetables*
 Chicken Limone w/Pasta
 Chicken Alicia
 Chicken Lucchese
 Chicken Cordon Bleu
 Chicken Parmesan & (GF)
 Chicken Marsala
 Chicken Picatta
 Chicken Francaise
 Grilled Chicken Breast*

ENTREES

Salmon w/Thai Black Rice
 Beef Tenderloin
 Fish of The Day
 Whole Roast Chicken Dinner
 Baked Boston Cod w/Rice Pilaf
 Chicken Enchiladas w/Rice+Sauce
 Pulled Pork
 Pork Tenderloin
 Veal Marsala
 London Broil w/Mashed Potatoes
 Macaroni & Cheese
 Meatloaf Dinner
 Stuffed Shells
 Crab Cakes w/Remoulade Sauce
 Sausage & Peppers*
 Beef Bourguignon
 Grilled Shrimp Linguine
 Linguine w/Fresh Vegetables
 Shepherd's Pie
 Stuffed Peppers*
 Ziti w/Broccoli & Chicken
 Pasta Provencale
 Shrimp w/Vodka Sauce
 Penne w/Vodka Sauce
 Chicken Alicia
 Chicken Cordon Bleu
 Chicken Parmesan
 Chicken Parmesan & Pasta Dinner
 Chicken Italiano
 Chicken Marsala
 Chicken Francaise
 Chicken Picatta
 Grilled Chicken Breast*
 Chicken Cutlets

ENTREES

Baked Spiral Ham Dinner*
 Thai Shrimp & Chicken Curry w/ Pasta w/Meatballs & Marinara
 Stuffed Shells
 Veal Luigi
 Shrimp Scampi
 Penne alla Vita
 Baked Ziti
 Chicken & Pasta Alfredo
 Shepherd's Pie
 Chicken Parmesan
 Chicken Marsala
 Chicken Picatta
 Chicken Francaise
 Grilled Chicken Breast*

VEGGIES/SIDES/PASTA SALAD

Fresh Vegetable Mix*
 Green Beans w/almonds*
 Sauteed Spinach*
 Tuna Pasta Salad
 Chicken Salad*
SOUP: Split Pea
SOUP: Chicken

VEGGIES/SIDES/PASTA SALAD

Mashed Potatoes*
 Cauliflower auGratin
 Roasted Vegetables*
 Italian Broccoli*
 Green Beans w/almonds*
 Twice Baked Potatoes*
 Chicken Salad*
 Tabbouleh
SOUP: Clam Chowder
SOUP: Pasta Fagioli
 Brownies
 Apple Crisp

VEGGIES/SIDES/PASTA SALAD

Mashed Potatoes*
 Broccoli auGratin
 Peas, Pearl Onions & Pancetta*
 Creamed Spinach*
 Chicken Salad*
 Tuna & Egg Salads*
 Nicoise Tuna Salad
 Belgian Chocolate Pudding*
 Brownies
SOUP: Chicken
SOUP: Beef Barley
 Quesadillas

VEGGIES/SIDES/PASTA SALAD

Mashed Potatoes*
 Green Beans w/Almonds*
 Roasted Sweet Potatoes*
 Roasted Brussels Sprouts*
 Broccoli Rabe*
 Cajun Chicken Pasta Salad
 Chicken Salad*
 Brownies
SOUP: Corn Chowder
SOUP: Beef & Bean Chili

VEGGIES/SIDES/PASTA SALAD

Grilled Chicken Breast*
 Chicken Cutlets
VEGGIES/SIDES/PASTA SALAD
 Mashed Potatoes*
 Roasted Vegetables*
 Green Beans w/almonds*
 Roasted Asparagus*
 Italian Broccoli*
 Chicken Salad*
SOUP: Chicken
SOUP: Clam Chowder
 Brownies

VEGGIES/SIDES/PASTA SALAD

Gruyere Scalloped Potatoes*
 Scalloped Potatoes*
 Green Beans w/Toasted Almonds
 Chicken Salad*
 Apple Crisp
 Brownies