

Four Week Rotating Luncheon Menu 2017

Week One

| | | | |
|------------------|---|--------------|-------------------------------------|
| Monday | Sub or pizza day | | |
| Tuesday | Chicken Roulade Roast Potatoes | Fruit veg | Jan/Feb 30-3 Feb/Mar 27-3 |
| Wednesday | Grilled cheese on whole wheat bread Tomato alphabet soup | Fruit veg | Mar 27-31 Apr 24-28 May 22-26 |
| Thursday | Cheese Ravioli in Tomato sauce Broccoli and cauliflower | Fruit veg | |
| Friday | Egg mcmuffin Hashbrown Patty | Fruit veg | |

Week Two

| | | | |
|------------------|--|--------------|-------------------------------------|
| Monday | Sub or pizza day | | |
| Tuesday | Meatloaf with gravy Cheesy Potato Bake | Fruit veg | Feb 6-10 Mar 6-10 |
| Wednesday | Challah bread French Toast with cooked maple apples Chicken noodle soup | Veg | Apr 3-7 May 1-5 May/June 29-2 |
| Thursday | Macaroni and Cheese Caesar Salad with Croutons | Fruit veg | |
| Friday | Sweet and sour chicken balls Rice | Fruit veg | |

Week Three

| | | | |
|------------------|--|--------------|------------------------|
| Monday | sub or pizza day | | |
| Tuesday | Pork Kebabs Rice | Fruit Veg | Feb 13-17 Apr 10-14 |
| Wednesday | Corned beef on rye bread Indian Lentil Cauliflower Soup | Fruit veg | May 8-12 June 5-9 |
| Thursday | Spaghetti with Italian Meatballs | Fruit veg | |
| Friday | Cheese and Pepperoni Pizza Pockets Caesar Salad with Croutons | Fruit Veg | |

Week Four

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|------------------|---|--------------|------------------------|
| Monday | Sub or pizza day | | |
| Tuesday | Beef and Broccoli Stirfry | Fruit Veg | Feb 20-24 Apr 17-21 |
| Wednesday | Turkey Wrap Potato and Corn Chowder | Fruit Veg | May 15-19 |
| Thursday | Chicken dog and cheese croissants Alphagetti | Fruit Veg | |
| Friday | Scrambled Egg Crepes with Fruit Bread | Fruit Veg | |

Extra Recipes

Potato and Corn chowder

Chicken Noodle soup

Spinach and Ricotta cheese lasagna

Scalloped potatoes

Duchesse potatoes

Oven roasted potatoes

Egg McMuffins

Regular meatballs

Baked beans on toast

Kale chips

Potato chips