

Lunch Menu Manor

Summer 1

Monday

Baked Ham with Macaroni & Cheese and (Capri) Squash, Carrot Vegetable Blend

♥ Salmon Strawberry Salad 303mg

Fruit Salad

Tuesday

Goulash with Green Beans and Dinner Rolls

♥ Turkey Pita 320mg with Roasted Cauliflower Soup 181mg

No-Bake Strawberry Cheesecake

Wednesday

Sloppy Joes with Loaded Tater Tots and Coleslaw

♥ Chipotle Veggie Burrito Bowl 422mg

Ambrosia Salad

Thursday

Bacon Cheddar Meatloaf with Mashed Potatoes and Steamed Broccoli

♥ Flounder with Mango 134mg over a bed of Cilantro Lime Rice 5mg and Roasted Asparagus 0mg

Reese Pie

Friday

Cuban Sandwich with Chips and Pickle Spears

♥ Baked Cod with 466mg a Baked Potato with Butter and Sour Cream 24mg and Steamed Baby Carrots 0mg

Peanut Butter Bars

Saturday

Deluxe Cheeseburger with French Fries and a Slice of Watermelon

♥ Spinach and Feta Quiche 121mg with a Fruit and Yogurt Parfait 100mg

Blueberry Icebox Cake

Sunday

Roast Beef with Brown Gravy, Mashed Potatoes and Corn

♥ Sweet and Sour Shrimp Stir Fry over Rice 154mg

Grasshopper Pie

Dinner Menu Manor

Summer 1

Monday

Beef Burrito with Spanish Rice and Mexican Street Corn

♥ Mediterranean Veggie Flatbread 340mg with Grape Salad 15mg

Peach Parfait

Tuesday

Smothered Pork Chop with Roasted Fingerlings and Peas

♥Cob Salad with Turkey Chunks, Cheese, Hard Boiled Eggs and Avocado 340mg

Lemon Blueberry Cake

Wednesday

BBQ Beef Brisket with Caramelized Onions over Polenta with Asparagus

♥ Pasta Primavera with Chicken 350mg

Fruit Pizza Cookies

Thursday

Chicken Carbonara with Breadsticks and a Cup of Fruit Salad

♥Coconut Curry Shrimp over Rice 149mg with a Spring Roll 359mg

Pineapple Crumble Bar

Friday

Crispy Oven Fried Fish with French Fries and Broccoli Salad

♥BBQ Chicken Breast with Mashed Potatoes 24mg and Corn on the Cob 0mg

Cherry Fluff

Saturday

Hawaiian Pulled Pork Slides with Pineapple with Baked Beans and Coleslaw

♥ Stuffed Eggplant 314mg with a Side Garden Salad 240mg

Blueberry Icebox Cake

Sunday

Grilled Bratwurst on a Bun with Onions and Peppers and Macaroni Salad and Cantaloupe

♥Baked Spaghetti made with Ground Turkey 230mg and Garlic Toast 200mg

Strawberry Pie