

SOUP CYCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tuscan Onion Soup	Chicken Noodle	Harvest Vegetable	Cheesy Vegetable Chowder	Mexican Lime Chicken Soup
Chicken Vegetable Soup with Orzo	Italian Sausage and Bean	Cream of Tomato	3 Mushroom Barley Soup	Tyrolean Vegetable Chowder
Goulash Soup	Manhattan Clam Chowder	Vegetarian Split Pea	Chicken Noodle	Chicken Bok Choy
Roasted Red Pepper	Italian Vegetable	Beef Barley Soup	Ham, Cabbage & Potato	Zuppa Di Pesce Siracusana

LUNCH WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Rotini with Alfredo Sauce	Beef and Broccoli	Macaroni and Cheese	Brazilian Chicken with Chimichurri	Beef Stroganoff
Rotini with Alfredo Sauce	Tofu Stir fry		Ginger Potato Topped Vegetable Pie	Portabella & Shitake Mushroom Stroganoff
Garlic Bread	Rice		Rice	Egg Noodles
Carrots	Corn	Zucchini	Broccoli	Garden Vegetables

Fall 2009: Week 1 : Sep. 8, Oct. 5

LUNCH WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Perogies	Butter Chicken	Grilled Cheese Sandwich	Beef Burgers	Tuna Casserole
	Indian Style Garbanzo Beans		Veggie Burgers	Broccoli, Cheese Pasta Bake
Rice	Jasmine Rice	Wedge Potato		
Green Beans	Cauliflower	Mixed Vegetables	Side Salad	Green Beans

Fall 2009: Week 2 : Sep. 14, Oct. 12

LUNCH WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Meatballs	Pepperoni Tuscan Fold	Chicken with Lemon Caper Sauce	Baked Penne with Meat Sauce	Chicken Burgers
Stuffed Portabella Mushrooms	Vegetarian Tuscan Fold	Artichoke, Tomato & Olive Paella	Baked Penne with Marinara Sauce	Veggie Burgers
Rice		Rice	Garlic Toast	
Mixed Vegetables	Tossed Salad	Broccoli	Cauliflower	Tossed Salad

Fall 2009: Week 3 : Sep. 21, Oct. 19

LUNCH WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cajun Salmon	Chicken Quesadilla	Thai Curry Chicken	Shepard's Pie	Pepperoni & Sausage Pizza
Southern Style Stuffed Peppers	Vegetarian Quiche	Spicy Eggplant & Tofu	Three Mushroom Pot Pie	Vegetarian Pizza
Rice Pilaf	Roasted Potato	Jasmine Rice		
Zucchini and Red Peppers	Corn	Bok Choy	Broccoli	Caesar Salad

Fall 2009: Week 4 : Sep. 28, Oct. 26