

Make reservations the Tuesday prior by noon by calling 771-7641

8 WEEK CYCLE PLEASANT HILL FROZEN LUNCH MENU

WEEK 1 (3/10)					In Addition	Fresh Meal Cycle
Turkey Dinner w/Gravy Stuffing <u>Whipped Yams</u> Green Beans	Chicken Fajita over Rice Whole Kernel Corn <u>California</u> <u>Vegetables</u>	Oven Baked Fish w/Lemon Sauce Potatoes O'Brien Fiesta Vegetables	Salisbury Steak w/Gravy Garlic Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Cheese Ravioli w/Alfredo Sauce <u>Broccoli</u> Stewed Tomatoes	1/2 gal milk 5 oatmeal packets 5 fruits/juices	Bagel w/Turkey Sausage & Cheese, Baby Carrots Seafood Louie Salad Cherry Tomatoes Thousand Island Dressing
WEEK 2 (3/17)						
Creamy Mushroom Chicken over Brown Rice <u>California</u> <u>Vegetables</u> Whole Kernel Corn	Potato Crusted Fish Scalloped Potatoes Fiesta Vegetables Green Beans	Spaghetti & Meatballs Winter Vegetables <u>Carrots</u>	BBQ Chicken Potato Nuggets <u>Mixed Vegetables</u> Zucchini	Sesame Mustard Pork Mashed Potatoes <u>Scandinavian</u> <u>Vegetables</u>	5 bev packets Ritz crackers 5 fruits/juices	Veggie & Cheese Omelet Red Potatoes Strawberries Roast Beef Wrap Citrus Fruit Tossed Salad w/dressing
WEEK 3 (3/24)						
Turkey Chili w/Beans Potato Nuggets Zucchini	Creamy Tuna over Noodles Brussels Sprouts <u>Mixed Vegetables</u>	Oven Fried Chicken <u>Whipped Yams</u> Green Beans Succotash	Broccoli Beef over Rice Seasoned Cabbage <u>Carrots</u>	Cheese Omelet Spinach Red Potatoes	1/2 gal milk 1 loaf of ww bread 5 fruits/juices	Cheese omlet, potato nuggets mixed veggies Chef's Salad w/turkey, eggs, cheese & cherry tomatoes crackers & ranch dressing
WEEK 4 (3/31)						
Cheesy Potato Soup Fiesta Vegetables Green Peas	Meatloaf w/Gravy Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Sweet & Sour Meatballs over Steamed Rice <u>Carrots</u> <u>Broccoli</u>	Salmon Patty w/Dill Sauce over Rice Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian over Asian Noodles <u>Scandinavian</u> <u>Vegetables</u> Steamed Cabbage	5 bev packets 5 oatmeal packets 5 fruits/juices	Cheese Omelet Winter & Mixed Veggies Chicken Caesar Wrap Spinach Salad Carrot Raisin Salad

Weeks 5-8 OVER

8 WEEK CYCLE PLEASANT HILL NUTRITION FROZEN LUNCH MENU

WEEK 5 (4/7)					In Addition	Fresh Meal Cycle
Cheese & Green Chili Tamale Fiesta Vegetables Stewed Tomatoes	Turkey a la King over Biscuit <u>Broccoli</u> <u>Scandinavian</u> <u>Vegetables</u>	Herb Fish over Wild Rice Seasoned Cabbage <u>Mixed Vegetables</u>	Beef Lo Mein <u>California</u> <u>Vegetables</u> Green Beans	Chicken Marsala Mashed Potatoes <u>Italian Vegetables</u> Green Peas	1/2 gal milk animal crackers 5 fruits/juices	Bagel w/Turkey Sausage & Cheese Baby Carrots Seafood Louie Salad Cherry Tomatoes Thousand Island Dressing
WEEK 6 (4/14)						
BBQ Pork Rib Patty over Mashed Potatoes <u>Bean Medley</u> Applesauce	Beef Parmesan over Pasta Marinara Italian Green Beans <u>California</u> <u>Vegetables</u>	Creamy Mushroom Chicken over Rice <u>Carrots</u> Brussels Sprouts	Potato Crusted Fish Scalloped Potatoes Fiesta Vegetables Green Beans	Jambalaya w/ Turkey Ham <u>Spinach</u> Winter Vegetables	5 bev packets 1 loaf of ww bread 5 fruits/juices	Veggie & Cheese Omelet Red Potatoes Strawberries Roast Beef Wrap Citrus Fruit Tossed Salad w/dressing
WEEK 7 (4/21)						
Buffalo Chicken Drumsticks (2) Garlic Mashed Potatoes <u>Scandinavian</u> <u>Vegetables</u>	Cheese Omelet w/Shredded Cheddar <u>Spinach</u> Red Potatoes	Beef Macaroni <u>Spinach</u> Applesauce	Chicken & White Bean Chili Broccoli <u>Carrots</u>	Creole Steak over Rice Fiesta Vegetables Green Beans	1/2 gal milk graham crackers 5 fruits/juices	Cheese omlet, potato nuggets mixed veggies Chef's Salad w/turkey, eggs, cheese & cherry tomatoes crackers & ranch dressing
WEEK 8 (4/28)						
Salmon Patty w/Dill Sauce over Rice Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian over Asian Noodles <u>Carrots</u> Steamed Cabbage	Bean & Cheese Burrito w/Enchilada Sauce Mexicali Corn <u>Broccoli</u>	Swedish Meatballs over Mashed Potatoes <u>Scandinavian Veg</u> Stewed Tomatoes	Turkey Divan over Rice Green Peas <u>California</u> <u>Vegetables</u>	5 bev packets 1 loaf of ww bread 5 fruits/juices	Cheese Omelet Winter & Mixed Veggies Chicken Caesar Wrap Spinach Salad Carrot Raisin Salad

Weeks 1-4 OVER