



## TECH MEAL MENUS

**MONDAY, JANUARY 30<sup>TH</sup>**

**LUNCH      1:00 PM – 2:00 PM**

Soup of the Day:	Butternut Squash
Sandwiches:	Salmon Salad Ham & Swiss
Veggie Option:	Eggplant Caprese
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Chips
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      6:00 PM – 7:00 PM**

Soup of the Day:	Butternut Squash
Hot Entrée:	Chicken Schnitzel
Veg/Healthy Option:	Penne a la Vodka
Vegetable:	Red Cabbage
Starch:	Spatzel
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



**TUESDAY, JANUARY 31<sup>ST</sup>**

**LUNCH      1:00 PM – 2:00 PM**

Soup of the Day:	Tomato Fennel
Sandwiches:	Tuna
Crispy Chicken Sandwich	
Veggie Option:	Portobello Mushroom & Roasted Peppers
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Chips
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      5:00 PM – 6:00 PM**

Soup of the Day:	Tomato Fennel
Hot Entrée:	Smothered Pork Chops
Veg/Healthy Option	Curried Tofu & Basmati Rice
Vegetable:	Root Vegetables
Starch:	Mashed Potatoes
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea Iced Tea/Hot Cocoa



**WEDNESDAY, FEBRUARY 1<sup>ST</sup>**

**LUNCH: 1:00 PM – 2:00 PM**

Soup of the Day:	Chicken Tortellini
Sandwiches:	Tuna Melt
	Beef Sliders
Veggie Option:	Cheese Quesadillas
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Chips
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER 6:00 PM – 7:00 PM**

Soup of the Day:	Chicken Tortellini
Hot Entrée:	Moussaka
Veg/Healthy Option:	Flatbread with Baked Tomato, Black Olive, & Feta Cheese
Vegetable:	Wilted Spinach with Garlic
Starch:	Roasted Potatoes
Salad:	Assorted Garden Greens
Dressing:	Select Dressing
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



## **THURSDAY, FEBRUARY 2<sup>ND</sup>**

### **LUNCH 1:00 PM – 2:00 PM**

Soup of the Day:	Tuscan Escarole & White Bean
Sandwiches:	Tuna
	Mini Meatball Hero
Veggie Option:	Veggie Sliders
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Chips
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

### **DINNER 6:00 PM – 7:00 PM**

Soup of the Day:	Tuscan Escarole & White Bean
Hot Entrée:	BBQ Pulled Pork
Veg/Healthy Option:	Tofu & Mango Salsa
Vegetable:	Crispy Okra
Starch:	Corn Bread
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa/Lemonade



**FRIDAY, FEBRUARY 3<sup>RD</sup>**

**LUNCH      1:00 PM – 2:00 PM**

Soup of the Day:	Potato Leek
Sandwiches:	Tuna
	Turkey & Swiss
Veggie Option:	Crispy Okra Po-Boy with Cajun Aioli
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Popcorn
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      6:00 PM – 7:00 PM**

Soup of the Day:	Potato Leek
Hot Entrée:	Chicken Cacciatore
Veg/Healthy Option:	Cauliflower au Gratin
Vegetable:	Peas & Carrots
Starch:	Buttered Noodles
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa/ Apple Cider



## **SATURDAY, FEBUARY 4<sup>TH</sup>**

### **BRUNCH 1:00 PM – 2:00 PM**

Soup of the Day:	Steel Cut Oatmeal
Hot Brunch:	Scrambled Eggs, Cream Cheese & Chives
Sandwiches:	Bagel Spread
Veggie Option:	PB&J
Salad:	Fruit Salad
Dressing:	Yogurt
Snack:	Coffee Cake & Donuts
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

### **DINNER 6:00 PM – 7:00 PM**

Soup of the Day:	Cream of Carrot
Hot Entrée:	Turkey Meatball Parmesan
Veg/Healthy Option:	Gnocchi Alfredo with Peas
Vegetable:	Braised Escarole
Starch:	Rice Pilaf
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa/ Apple Cider



**TUESDAY, FEBRUARY 7<sup>TH</sup>**

**LUNCH      1:00 PM – 2:00 PM**

Soup of the Day:	Vegetable Lentil
Sandwiches:	Tuna
	Chicken Caprese
Veggie Option:	Grilled Cheese & Tomato
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Popcorn
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      6:00 PM – 7:00 PM**

Soup of the Day:	Vegetable Lentil
Hot Entrée:	Coq au Vin
Veg/Healthy Option:	Winter Squash & Beans
Vegetable:	Mushrooms & Pearl Onions
Starch:	Buttered Noodles
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



## **WEDNESDAY, FEBRUARY 8<sup>TH</sup>**

### **LUNCH      1:00 PM – 2:00 PM**

Soup of the Day:

Sandwiches:

Veggie Option:

Salad:

Dressing:

Snack:

Hand Fruit:

Beverages:

Chicken Noodle

Crispy Filet o Fish

Hot Dogs

Veggie Burger Sliders

Assorted Garden Greens

Select Dressings

Chips

Bowl of Fruit

Coffee/Tea/Iced Tea/Hot Cocoa

### **DINNER      6:00 PM – 7:00 PM**

Soup of the Day:

Hot Entrée:

Veg/Healthy Option:

Vegetable:

Starch:

Salad:

Dressing:

Beverages:

Chicken Noodle

Lasagna Bolognese

Vegetable Risotto

Sauteed Broccoli Rabe

Tuscan Herbed Potatoes

Assorted Garden Greens

Select Dressings

Coffee/Tea/Iced Tea/Hot Cocoa





**THURSDAY, FEBRUARY 9<sup>TH</sup>**

**LUNCH 1:00 PM – 2:00 PM**

Soup of the Day:	Minestrone
Sandwiches:	Tuna Melt Beef Sliders
Veggie Option:	Portobello Mushroom & Roasted Pepper Sliders
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Pretzels
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER 6:00 PM – 7:00 PM**

Soup of the Day:	Minestrone
Hot Entrée:	Tilapia Provencal
Veg/Healthy Option:	Indian Masal Dal
Vegetable:	Green Beans
Starch:	Artichoke Couscous
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



**FRIDAY, FEBRUARY 10<sup>TH</sup>**

**LUNCH      1:00 PM – 2:00 PM**

Soup of the Day:	Borsht
Sandwiches:	Egg Salad
	Turkey & Brie on Brioche
Veggie Option:	Mozzarella & Tomato
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Pretzels
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      6:00 PM – 7:00 PM**

Soup of the Day:	Clam Chowder
Hot Entrée:	Herb Crusted Roast Pork Loin
Veg/Healthy Option:	Broccoli Cheddar Casserole
Vegetable:	Butternut Squash
Starch:	Vegetable Rice
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



**SATURDAY, FEBRUARY 11<sup>TH</sup>**

**BRUNCH 1:00 PM – 2:00 PM**

Soup of the Day:	Steel Cut Oatmeal
Hot Brunch:	Bacon & Caramelized Onion Frittata
Sandwiches:	Bagel Spread
Veggie Option:	Avocado Toast/Sprouts on 7 Grain
Salad:	Fruit Salad
Dressing:	Yogurt/Granola
Snack:	Coffee Cake & Donuts
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER 5:00 PM – 6:00 PM**

Soup of the Day:	Split Pea
Hot Entrée:	Taco Night
	Taco Fixins (Salsa, Guacamole, Sour Cream, etc.)
Veg/Healthy Option:	Black Beans & Corn
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



**SUNDAY, FEBRUARY 12<sup>TH</sup>**

**LUNCH      12:00 PM – 1:00 PM**

Soup of the Day:	Steel Cut Oatmeal
Hot Brunch:	Eggnog Challah French Toast
Breakfast Sausages	
Sandwiches:	Bagel Spread
Salad:	Fruit Salad
Dressing:	Yogurt/Granola
Snack:	Coffee Cake & Donuts
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      6:00 PM – 7:00 PM**

Soup of the Day:	Tomato
Hot Entrée:	Buttermilk Fried Chicken
Veg/Healthy Option:	Baked Black Eyed Peas Stew with Tomato & Spinach
Vegetable:	Creamed Spinach
Starch:	Mac n' Cheese
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



**TUESDAY, FEBRUARY 14<sup>TH</sup>**

**LUNCH      12:00 PM – 1:00 PM**

Soup of the Day:	Broccoli Cheddar
Sandwiches:	Tuna Melt
	Chicken Quesadillas
Veggie Option:	Veggie Hummus
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Popcorn
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      6:00 PM – 7:00 PM**

Soup of the Day:	Broccoli Cheddar
Hot Entrée:	Sausage & Peppers
Veg/Healthy Option:	Rice Bowl with Tofu & Veggies
Vegetable:	Peas
Starch:	Buttered Orzo
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



**WEDNESDAY, FEBRUARY 15<sup>TH</sup>**

**LUNCH      1:00 PM – 2:00 PM**

Soup of the Day:	Black Bean
Sandwiches:	Tuna
	Philly Cheesesteak
Veggie Option:	Avocado, Lettuce, & Tomato
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Chips
Hand Fruit:	Bowl of Fruit
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa

**DINNER      6:00 PM – 7:00 PM**

Soup of the Day:	Black Bean
Hot Entrée:	Jerk Chicken
Veg/Healthy Option:	Vegetable Stew
Vegetable:	Honey Glazed Carrots
Starch:	Potato Salad
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea/Hot Cocoa



**THURSDAY, FEBRUARY 16<sup>TH</sup>**  
**(LUNCH ONLY)**

**LUNCH      11:00 AM – 12:00 PM**

Soup of the Day:

Tortellini

Sandwiches:

Smoked Salmon

Turkey & Brie on Brioche

Veggie Option:

Mozzarella & Tomato on Focaccia

Salad:

Assorted Garden Greens

Dressing:

Select Dressings

Snack:

Pretzels

Hand Fruit:

Bowl of Fruit

Beverages:

Coffee/Tea/Iced Tea/Hot Cocoa