

### **TECH MEAL MENUS**

## THURSDAY, APRIL 13TH

**LUNCH** 12:00 PM – 1:00 PM

Soup of the Day: Potato Leek Sandwiches: Salmon Salad

**Beef Sliders** 

Veggie Option: Eggplant Caprese

Salad: Assorted Garden Greens

Dressing: Select Dressings

Snack: Assorted

Hand Fruit: Bowl of Fresh Fruit

Beverages: Coffee/Tea/Iced Tea/Lemonade

#### DINNER 5:00 PM - 6:00 PM

Soup of the Day: Potato Leek

Hot Entrée: Mustard Crusted Pork Loin Veg/Healthy Option: Farro & Roasted Vegetables

Vegetable: Roasted Carrots Starch: Cheesy Polenta

Salad: Assorted Garden Greens

Dressing: Select Dressings
Beverages: Coffee/Tea/Iced Tea



## FRIDAY, APRIL 14<sup>TH</sup>

LUNCH 1:00 PM - 2:00 PM

Soup of the Day: Chicken Noodle

Sandwiches: Tuna

Ham & Swiss

Veggie Option: Veggie Hummus

Salad: Assorted Garden Greens

Dressing: Select Dressings

Snack: Chips

Hand Fruit: Bowl of Fresh Fruit
Beverages: Coffee/Tea/Iced Tea

### DINNER 6:00 PM - 7:00 PM

Soup of the Day: Chicken Noodle

Hot Entrée: Baked Ziti Bolognese

Veg/Healthy Option Broccoli & Calabrian Chili Paste

Vegetable: Assorted Vegetables

Starch: Rosemary Roasted Potatoes
Salad: Assorted Garden Greens

Dressing: Select Dressings

Beverages: Coffee/Tea/Iced Tea



# SATURDAY, APRIL 15<sup>TH</sup>

**LUNCH** 12:00 PM – 1:00 PM

Soup of the Day: Steel Cut Oatmeal

Sandwiches: Bagel Spread

Scrambled Eggs with Cream Cheese &

Chives

Veggie Option: Peanut Butter & Jelly

Salad: Fruit Salad

Dressing: Yogurt

Snack: Coffee Cake/Donuts
Hand Fruit: Bowl of Fresh Fruit
Coffee/Tea/Iced Tea

**DINNER** 6:00 PM - 7:00 PM

Soup of the Day: Broccoli Cheddar

Hot Entrée: Buttermilk Fried Chicken

Veg/Healthy Option: Black Eyed Peas Stew w/Tomato & Spinach

Vegetable: Creamed Spinach

Starch: Biscuits

Salad: Assorted Garden Greens

Dressing: Select Dressing

Beverages: Coffee/Tea/Iced Tea



## MONDAY, APRIL 17<sup>TH</sup>

**LUNCH** 12:00 PM – 1:00 PM

Soup of the Day: Cream of Tomato

Sandwiches: Tuna

French Dip Roast Beef

Veggie Option: Avocado & Sprouts on 7 Grain bread

Salad: Assorted Garden Greens

Dressing: Select Dressings

Snack: Popcorn

Hand Fruit: Bowl of Fresh Fruit
Beverages: Coffee/Tea/Iced Tea

### **DINNER** 6:00 PM - 7:00 PM

Soup of the Day: Creamy Tomato
Hot Entrée: Meatloaf & Gravy

Veg/Healthy Option: Roasted Vegetable & Bean Stew

Vegetable: Peas & Carrots
Starch: Mashed Potatoes

Salad: Assorted Garden Greens

Dressing: Select Dressings

Snack: Assorted

Hand Fruit: Bowl of Fresh Fruit
Beverages: Coffee/Tea/Iced Tea



## TUESDAY, APRIL 18<sup>TH</sup>

LUNCH 1:00 PM - 2:00 PM

Soup of the Day: Vegetable

Sandwiches: Tuna

Ham & Cheese

Veggie Option: Mozzarella & Tomato on Focaccia

Salad: Assorted Garden Greens

Dressing: Select Dressings

Snack: Assorted

Hand Fruit:
Beverages:
Bowl of Fresh Fruit
Coffee/Tea/Iced Tea

**DINNER** 6:00 PM - 7:00 PM

Soup of the Day: Vegetable Soup
Hot Entrée: Chicken Parmesan

Veg/Healthy Option: Tuscan Beans and Vegetable Farro

Vegetable: Assorted Vegetables

Starch: Rice Pilaf

Salad: Assorted Garden Greens

Dressing: Select Dressings

Snack: Assorted

Hand Fruit:
Beverages:
Bowl of Fresh Fruit
Coffee/Tea/Iced Tea



## WEDNESDAY, APRIL 19<sup>TH</sup>

**LUNCH (ONLY)** 11:00 AM - 12:00 PM

Soup of the Day: Vegetable Minestrone

Sandwiches: Smoked Salmon

Turkey & Brie

Veggie Option: Portobello Mushroom, Roasted Peppers

and Goat Cheese

Salad: Assorted Garden Greens

Dressing: Select Dressings

Snack: Assorted

Hand Fruit: Bowl of Fresh Fruit
Beverages: Coffee/Tea/Iced Tea