

English

JANUARY 2024

THIS MENU IS SUBJECT TO CHANGE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Peruvian chicken, Spanish rice, Mexican roasted vegetables Soup: White bean & spinach	2 Beef stroganoff, whole wheat penne, green beans Soup: Broccoli cheddar	3 Turkey meatloaf, mashed potatoes, broccoli Soup: Southwest chicken	4 Ginger, garlic & soy chicken, brown rice, vegetable medley Soup: Minestrone	5 Herb & lemon roasted fish, red potatoes, zucchini & squash Soup: Chicken & rice	6 Weekend chef's special
7 Weekend chef's special	8 Roasted chicken, mashed potatoes, steamed cabbage Soup: Curry chicken	9 Ropa vieja, yellow rice, broccoli Soup: Pasta fagioli	10 Chicken parm sandwich, corn on the cob Soup: Quinoa veggie soup	11 Sausage & peppers, whole wheat penne, zucchini & squash Soup: Baked potato	12 Tomato braised fish, brown rice, garden vegetables Soup: Chipotle chicken	13 Weekend chef's special
14 Weekend chef's special	15 Peruvian chicken, Spanish rice, Mexican roasted vegetables Soup: White bean & spinach	16 Beef stroganoff, whole wheat penne, green beans Soup: Broccoli cheddar	17 Turkey meatloaf, mashed potatoes, broccoli Soup: Southwest chicken	18 Ginger, garlic & soy chicken, brown rice, vegetable medley Soup: Minestrone	19 Herb & lemon roasted fish, red potatoes, zucchini & squash Soup: Chicken & rice	20 Weekend chef's special
21 Weekend chef's special	22 Roasted chicken, mashed potatoes, steamed cabbage Soup: Curry chicken	23 Ropa vieja, yellow rice, broccoli Soup: Pasta fagioli	24 Chicken parm sandwich, corn on the cob Soup: Quinoa veggie soup	25 Sausage & peppers, whole wheat penne, zucchini & squash Soup: Baked potato	26 Tomato braised fish, brown rice, garden vegetables Soup: Chipotle chicken	27 Weekend chef's special
28 Weekend chef's special	29 Peruvian chicken, Spanish rice, Mexican roasted vegetables Soup: White bean & spinach	30 Beef stroganoff, whole wheat penne, green beans Soup: Broccoli cheddar	31 Turkey meatloaf, mashed potatoes, broccoli Soup: Southwest chicken			

Spanish

JANUARY 2024

THIS MENU IS SUBJECT TO CHANGE

SUN	MON	TUE	WED	THU	FRI	SAT
Especialidad del fin de semana de chefs	1 Pollo peruano, arroz espanol, verduras mexicanas asadas, sopa de arroz blanco y espinaca	2 carne stroganoff, pasta penne integral, judias verdes. sopa de brocoli con queso.	3 albondigas de pavo, pure de papa, brocoli. sopa de pollo southwest	4 pollo con ajo y gengibre, arroz integral, vegetales mezclados sopa minestrone	5 pescado asado con limon a las hierbas, papas rojas, zuquini, calabacines sopa de pollo con arroz	6 Especialidad del fin de semana de chefs
7 Especialidad del fin de semana de chefs	8 pollo asado, pure de papas, repollo al vapor sopa de pollo al curry	9 Ropa vieja, arroz amarillo, brocoli Sopa Pasta fagioli	10 sanduche de pollo parmesano, elote de maiz sopa de quinua con vegetales	11 salchichas y pimientos, pasta penne integral, zuquini y calabacines sopa de papa asada	12 estofado de pescado con tomate, arroz integral sopa de pollo chipotle	13 Especialidad del fin de semana de chefs
14 Especialidad del fin de semana de chefs	15 Pollo peruano, arroz espanol, verduras mexicanas asadas, sopa de arroz blanco y espinaca	16 carne stroganoff, pasta penne integral, judias verdes. sopa de brocoli con queso.	17 albondigas de pavo, pure de papa, brocoli. sopa de pollo southwest	18 pollo con ajo y gengibre, arroz integral, vegetales mezclados sopa minestrone	19 pescado asado con limon a las hierbas, papas rojas, zuquini, calabacines sopa de pollo con arroz	20 Especialidad del fin de semana de chefs
21 Especialidad del fin de semana de chefs	22 pollo asado, pure de papas, repollo al vapor sopa de pollo al curry	23 Ropa vieja, arroz amarillo, brocoli Sopa Pasta fagioli	24 sanduche de pollo parmesano, elote de maiz sopa de quinua con vegetales	25 salchichas y pimientos, pasta penne integral, zuquini y calabacines sopa de papa asada	26 estofado de pescado con tomate, arroz integral sopa de pollo chipotle	27 Especialidad del fin de semana de chefs
28 Weekend chef's special	29 Pollo peruano, arroz espanol, verduras mexicanas asadas, sopa de arroz blanco y espinaca	30 carne stroganoff, pasta penne integral, judias verdes. sopa de brocoli con queso.	31 albondigas de pavo, pure de papa, brocoli. sopa de pollo southwest			