

Week of January 29, 2012

| 8          | Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|------------|--|---|---|--|---|--|--|
| Soup       |  | Vietnamese Chicken Noodle Soup  | Potato & Roasted Red Pepper   | Broccoli Tahini  | Chicken Noodle  | Tortilla Chip  |  |
| Lunch      | Sausage Subs with Peppers & Onions<br>Sun Chips<br>Vegetable Salad | Vietnamese Barbequed Chicken<br>Vietnamese Noodle Salad<br>Pickled Carrots  | Barbecue Beef Sandwiches<br>French Fries<br>Cole Slaw   | Pesto & Sundried Tomato Chicken Salad<br>Pitas<br>Assorted Chips<br>Veggie Salad | Pastrami Sandwich<br>Kaiser Roll<br>Potato Salad<br>Broccoli Salad  | Enchiladas<br>Refried beans<br>Spanish Rice<br>Salsa Pico de gallo   | Fried Chicken<br>Potato Salad<br>Cole Slaw         |
| Vegetarian |  | Veggie Pad Thai   | Mixed Bean Goulash<br>Kasha w Onions & Potatoes   | Mediterranean Veggie Salad w Feta Cheese & Pine Nuts                             | Veggie Sausage Subs w Peppers & Onions  | Green Chili Enchiladas   |  |
| Dinner     | Chicken Ranchero<br>Spanish Rice<br>Refried Beans                  | Argentine Tri Tip<br>Roasted Garlic Mashed Potatoes<br>Carrot Salad & Tomato Salad  | Teriyaki Chicken<br>Steamed Rice<br>Ginger Broccoli   | Greek Salad<br>Moussaka<br>String Beans with Fennel<br>Dolmas                    | Roast Turkey<br>Bread Stuffing<br>Squash  | Baked Pollock Filets<br>Sautéed Pasta<br>Primavera<br>Fresh Vegetables   | Beef Fajitas<br>Pinto Beans<br>Mexican Fiesta Rice |
| Vegetarian | Huevos Ranchero  | Tamarind Lentils  | Tofu Teriyaki   | Moussaka   | Rustic white Beans & Mushrooms  | Veggie lasagna   |  |
|            |  |   |   |  |   |  |  |
| Sandwich   |  | <b>Muffeletta</b><br>A New Orleans favorite. Served on French Bread with Cream Cheese and Olive Spread. Thinly Sliced Ham, Turkey, Salami, Leaf Spinach, Tomato, Mozzarella Cheese, and sliced Hard Boiled Egg. | <b>California Sandwich</b><br>Avocado & Cucumber Salad on Wheat Bread with Alfalfa Sprouts & Pepper Jack Cheese | <b>30 Rock Roast Beef</b><br>(Made famous on the popular TV show)                | <b>Turkey Reuben (Grilled)</b><br>Sliced Turkey Breast, fresh Cole Slaw, Swiss Cheese, Thousand Island Dressing grilled on Rye Bread. | <b>Sherbrook Sandwich</b><br>Ham, avocado, alfalfa sprouts, goat cheese, mango, & chipotle mayonnaise on a hoagie roll |  |
| Burger     |  | <b>Marco Flip</b><br>BBQ sauce, bacon, cheddar, & grilled onions  | <b>Blue Cheese &amp; Bacon Burger</b>   | <b>Avocado Sprout &amp; Spinach Burger on Wheat Bread</b>                        | <b>Roasted Garlic &amp; Brie</b>  | <b>Bourbon Street Burger</b>   |  |