

Winter 2016

Week 3

MONDAY

Beef Chili Bread Bowl

Served with Grated Cheddar & Sour Cream

Crisp Green Salad

Sundried Tomato & Goat Cheese Flatbread

Carrot & Ginger Soup

TUESDAY

Chicken Shawarma Pita Wrap

Pickled Beets & Beans

Herbed Couscous

Greek Style Spanakopita Pockets

WEDNESDAY

Thai Pork Kebab With WOW Butter

Lemongrass & Curry Vegetables

Sticky Coconut Rice

Penko Breaded Sweet & Sour Tofu Fingers

Cream of Mushroom Soup

THURSDAY

Back to the 50s Chicken Pot Pie

Filled to Overflow with Sugar Peas,
Carrots & Potato

Crisp Lettuce Salad

Potato & Onion Quiche

FRIDAY

German Style Piggies
In a Blanket

Puff Pastry Wrapped Sausage served with Choice of Mustards, Smooth Creamed Potatoes & Braised Ginger Carrots

Lightly Curried Vegetable Strudel

Cream of Broccoli Soup