

Fall 2018 - Open Kitchens Department of Family and Support Services -Pre-Packed Lunch Menu

10/1, 10/29, 11/26, 12/24	10/2, 10/30, 11/27, 12/25	10/3, 10/31, 11/28, 12/26	10/4, 11/1, 11/29, 12/27	10/5, 11/2, 11/30, 12/28
Chicken Parmesan/ Wild Rice / Tomato Sauce Garden Vegetables Mixed Greens Italian Garbanzo Salad Italian Bread/ margarine Fresh Grapefruit Half	Roasted Pork w/ Mac & Cheese Baked Beans Steamed Broccoli Cuts Green Pea & Cheese Salad Whole Grain Bread/ marg. Fresh Apple	Turkey Meatloaf w/ Mashed Potatoes Spinach Cauliflower Dixie Coleslaw Dinner Roll/ marg. Oatmeal Cookie	Braised Beef w/Stewed Tomato over Egg Noodles Parslied Carrots Seasoned Chickpeas Celery Sticks/cream cheese Orange Muffin/ marg. Fresh Grapefruit 1/2	Chicken Alfredo w/Vegetables over Brown Rice Green Peas Red Cabbage Fresh Baby Carrots Banana Cake
10/8, 11/5, 12/3	10/9, 11/6, 12/4	10/10, 11/7, 12/5	10/11, 11/8, 12/6	10/12, 11/9, 12/7
Lemon Herb Crusted Cod/Rice Broccoli/Cauliflower/Carrots Green Peas w/ Pearl Onions Sweet & Sour Coleslaw Italian Bread/ marg. Fresh Orange	Beef Pot Roast/ Gravy/ Mashed Potatoes Asparagus Cuts Hot Blueberry Crisp Corn/Pepper & Bean Salad Whole Grain Bread/marg. Fresh Cantaloupe	Roast Turkey/ Brown Rice Green Peas Red Cabbage Chickpea Salad Whole Grain Bread/ marg. Fresh Honeydew	Turkey Polish Sausage over Sauerkraut Whipped Potatoes Apple Crisp Baby Carrots Hot Dog Bun Fresh Pear	Meatballs w/Rosemary Mushroom Sauce/ Egg Noodles Diced Carrots Brussels Sprouts Celery Sticks w/ cream cheese Whole Grain Bread/ marg. Fresh Pear
10/15, 11/12, 12/10	10/16, 11/13, 12/11	10/17, 11/14, 12/12	10/18, 11/15, 12/13	10/19, 11/16, 12/14
BBQ Pulled Pork Sweet Potatoes Broccoli Cuts 3-Bean Salad Corn Muffin/ marg. Fresh Grapefruit 1/2	Beef Stuffed Cabbage Roll in Tomato Sauce over Brown Rice Asparagus Cuts Hot Spiced Apples Potato Salad Whole Grain Bread/ marg. Fresh Tangerine	Chicken/Broccoli/Brown Rice AuGratin Casserole Black Beans Asparagus Cuts Sliced Tomatoes w/Ranch Dressing Whole Grain Bread Fresh Honeydew	Roast Turkey w/Lemon Butter Sauce Sweet Potatoes Corn w/Peppers Hot Peach Cobbler Tomato Slices w/Ranch drsg. Dinner Roll/ marg. 4 oz. Fruit Yogurt Cup	Grilled Chicken Fillet over Wild Rice Broccoli Cuts Parslied Carrots Green Pea & Cheese Salad Whole Grain Bread/ marg. Fresh Grapefruit 1/2
10/22, 11/19, 12/17	10/23, 11/20, 12/18	10/24, 11/21, 12/19	10/25, 11/22, 12/20	10/26, 11/23, 12/21
Airline Chicken Breast in Chipotle Sauce/White Rice Black Beans Corn Baby Carrots Whole Grain Bread Fresh Pear	Baked Mostaccioli w/ Meatballs Marinara Broccoli Cuts Spinach Kidney Bean Salad Dinner Roll/ marg. Fresh Apple	Breaded Pork Cutlet over Wild Rice Parslied Carrots Seasoned Lentils Cucumber Salad Whole Grain Bread/ marg. Fresh Orange	Panko Breaded Cod /White Rice French Cut Green Beans Red Cabbage Corn & Pepper Salad Whole Grain Bread/ marg. Fresh Apple	BBQ Chicken Fillet Sweet Potatoes Black-Eyed Peas Whole Grain Bread/ marg. Fresh Tangerine Mini Corn Loaf