

# Willows

Revised: 1/23/07

WEEK OF: #1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T							
L U N C H	<p>Hot Open Roast Beef With Gravy Steamed Broccoli</p> <p>Stuffed Chicken With Bread Stuffing Stuffed Tomato</p>	<p>Potato Encrusted Cod Red Bliss Mashed Potatoes Peas &amp; Onions</p> <p>Chicken Cordon Bleu Wax Beans</p>	<p>Swedish Meatballs Over Egg Noodles Green Beans</p> <p>Cuban Pork Sandwich Potato Salad</p>	<p>Stuffed Shells Vegetable Blend</p> <p>Turkey Tetrazzini Over Spaghetti</p>	<p>Meatloaf Whipped Potato Broccoli</p> <p>Spinach Quiche &amp; Cheese Arugula Salad</p>	<p>Fried Scallops French fries Coleslaw</p> <p>Stuffed Red Pepper Red Bliss Mashed Potato</p>	<p>Rigatoni with Meat Sauce Garlic Bread</p> <p>Roasted Turkey &amp; Swiss on a Croissant With Carrot Raisin Salad</p>
D I N N E R	<p>Coconut Shrimp Sweet Potato Fries Coleslaw</p> <p>Tortellini Alfredo Ham &amp; Peas</p>	<p>Filet Mignon Baked Potato Cauliflower</p> <p>Chili Dog &amp; Cheese Wedge Fries</p>	<p>BBQ Chicken Corn Bread Fresh Tomato Salad Corn on Cob</p> <p>Sausage &amp; peppers With Potato &amp; Onions On a Roll</p>	<p>Veal Saltimbocca Over Spinach Stuffed Baked Potato</p> <p>Stuffed French Toast Fresh Fruit</p>	<p>Pinwheel Flank Steak Rice Pilaf Lima Beans</p> <p>Chicken Pot Pie</p>	<p>Tuscany Shrimp Over Linguine</p> <p>Grilled Mushroom &amp; Swiss Burger Waffle Fries Coleslaw</p>	<p>Loin of Pork with Red Cabbage And Bacon Parslied Potato</p> <p>Penne with Vodka Sauce Garlic Bread</p>

**Willows**  
**WEEK OF: # 2**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>B R E A K F A S T</b>							
<b>L U N C H</b>	<p>Fried Flounder French Fries Coleslaw</p> <p>Ravioli Garlic Bread Sauté Broccoli</p>	<p>Eggplant Rollantini Italian Bread Cauliflower</p> <p>Chicken Francaise Rice Lima Beans</p>	<p>Grilled Salmon Over Fresh Spinach with Hollandaise Sauce</p> <p>Roast Beef &amp; Swiss Club with Sweet Potato Fries</p>	<p>Cathy's Sherry Chicken Rice Pilaf String Bean Almondine</p> <p>Farfella &amp; Gorgonzola Sauce Garlic Bread</p>	<p>BBQ Ribs Steak Fries Coleslaw</p> <p>Italian Style Hot Dogs Peppers, Onions &amp; Potato</p>	<p>Vegetable Lasagna Garlic Bread Salad</p> <p>Beef Stroganoff</p>	<p>Pot Roast with Gravy Potato Pancakes Red Cabbage</p> <p>Seafood Salad Platter</p>
<b>D I N N E R</b>	<p>Baked Rosemary Chicken Mashed Potato Mixed Vegetable</p> <p>Feta Cheese Frittata</p>	<p>Swiss Steak Red Potato Carrots</p> <p>Veal with Tomato &amp; Arugula Salad</p>	<p>Bracirole' with Penne Pasta &amp; Marinara Sauce Zucchini &amp; Onion Sautéed in Tomato Sauce</p> <p>Grilled Chicken with Tomato Mozzarella Salad</p>	<p>Corned Beef Boiled Potato Cabbage</p> <p>Italian Grilled Cheese Tomato Mozzarella Zucchini Sticks</p>	<p>Stuffed Cabbage Mashed Potato</p> <p>Chicken Tenders Sweet Potato Fries Tomato Salad</p>	<p>Grilled Shrimp Skewers Over Rice with Broccoli</p> <p>Macaroni &amp; Cheese Stewed Tomato</p>	<p>Roast Turkey Stuffing Mixed Vegetable</p> <p>Cheese Steak with Peppers &amp; Onions Onion Rings</p>

**Willows** Week # 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>B R E A K F A S T</b>							
<b>L U N C H</b>	<p>Manicotti Garlic Bread Garlic Spinach</p> <p>Fried Shrimp French Fries Coleslaw</p>	<p>Stuffed Loin of Pork with Apple Corn Bread Stuffing Creamed Corn Baked Sweet Potato</p> <p>Chicken Waldorf Salad</p>	<p>Linguini with White or Red Clam Sauce Garlic Bread</p> <p>Eye Round Roast Beef Mashed Potato with Gravy Italian Green Beans</p>	<p>Sweet &amp; Sour Chicken Fried Rice Spring Roll</p> <p>Pork Roll &amp; Cheese Sweet Potato Fries</p>	<p>Cavatelli with Broccoli &amp; Sausage Garlic Bread</p> <p>Greek Tuna Platter</p>	<p>Seared Scallops Over Baby Green</p> <p>Bacon Cheddar Burger Waffle Fries Coleslaw</p>	<p>Sloppy Joe Potato Wedge Mixed Vegetable</p> <p>Grilled Chicken Caesar Salad</p>
<b>D I N N E R</b>	<p>Salisbury Steak Red Bliss Potato Cauliflower</p> <p>Chicken Scampi over Linguini</p>	<p>Snapper Livornese Rice Pilaf Asparagus</p> <p>Turkey Chili Corn Bread</p>	<p>Lamb Chops Roasted Potato Carrots</p> <p>Pesto Grilled Chicken on a Roll French Fries Coleslaw</p>	<p>Virginia Ham with Pineapple Potato Au Gratin Green Beans</p> <p>Grilled Turkey Panini Mozzarella Sticks With Tomato Sauce</p>	<p>Chicken Kiev Over Rice Glazed Carrots</p> <p>Cheese Blintzes With Sour Cream</p>	<p>Clam Strips Tatar Tots</p> <p>Pasta Puttanesca Tomato &amp; Onion Vinaigrette</p>	<p>Swedish Meatballs over Egg Noodles Peas &amp; Carrots</p> <p>Knockwurst &amp; Sauerkraut Pierogies with Sauté Onions &amp; Sour Cream</p>

**WILLOWS Week #4**

Revised: 1/23/06

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>B R E A K F A S T</b>							
<b>L U N C H</b>	<p>Roast Turkey Stuffing Green Beans</p> <p>Veal Stew With Biscuits</p>	<p>Grilled Flank Steak with Sauté Onions &amp; Peppers Baked Potato</p> <p>Italian Sub Mozzarella Sticks</p>	<p>Grilled Salmon with Tuscan White Beans Broccoli</p> <p>Asparagus &amp; Green Onion Frittata Hash Browns</p>	<p>Shrimp Scampi Over Rice Mixed Vegetables</p> <p>Chicken Cheese Steak Zucchini Sticks</p>	<p>Patty Melt Tatar Tots Coleslaw</p> <p>Tilapia Oregonata Carrots Stuffed Potato</p>	<p>Grilled Swordfish Sweet Potato Spaghetti Squash</p> <p>Sliced Roast Pork with Gravy Potato Pancake Applesauce</p>	<p>Shrimp with Artichokes Black Olives over Pasta</p> <p>Beef Chili Over Rice</p>
<b>D I N N E R</b>	<p>Crab Cake Over Baby Greens</p> <p>Lemon Pepper Chicken Sweet Potato Carrots</p>	<p>Fresh Ham with Sauerkraut and Mashed Potato</p> <p>Pastrami &amp; Swiss on Rye Coleslaw</p>	<p>Fish &amp; Chips With Coleslaw</p> <p>Chicken Parmesan with Fusilli</p>	<p>Beef Stew</p> <p>Chef Salad with a Croissant</p>	<p>Chicken Marsala Rice Pilaf Broccoli with Cheese Sauce</p> <p>Stuffed Rigatoni with meatballs Garlic Bread Green Beans</p>	<p>Gnocchi Bolognese Garlic Bread</p> <p>Cheese Omelet Home Fries</p>	<p>Pulled Pork Sandwich Sweet Potato Fries Coleslaw</p> <p>Beef Pot Pie Tossed Salad</p>