

# COURTYARD GARDENS

|   | BREAKFAST   | LUNCH  | DINNER   |
|---|---|--|--|
| S<br>U<br>N<br>D<br>A<br>Y                | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Chef's Choice of Soup<br>Crab Salad on Croissant<br>Garden Salad<br>ALT: Vegetable Quesadilla<br>Sour Cream & Salsa<br>Salad<br>Watermelon       | Spanakopita with Tzatziki Sauce<br>Roast Pork au Jus<br>Mini Roasted Red Potatoes<br>Baked Squash<br>French Green Beans<br>ALT: Sole Parisienne w/Tartar Sauce<br>Apple Pie                  |
|   | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| M<br>O<br>N<br>D<br>A<br>Y                | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Potato Carrot Soup<br>Turkey Gouda & Onion Sandwich<br>Cucumber Dill Salad<br>ALT: Fresh Fruit Plate<br>Cottage Cheese Scone<br>Lemon Cream Cake | Garlic Cheese Bread<br>Salisbury Steak w/ Mushroom Gravy<br>Scalloped Potatoes<br>Sautéed Bok Choy / Diced Carrots<br>ALT: Baked Ham w/ Pineapple Salsa<br>Peach & Cornmeal Upside-down Cake |
|   | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| T<br>U<br>E<br>S<br>D<br>A<br>Y           | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Eggs<br>Toast / Assorted Jams            | Tomato Soup<br>French Dip Sandwich<br>Tomato Slices<br>ALT: Mac & Cheese w/ Garlic Bread<br>Rice Pudding   | Tossed Salad<br>Shrimp & Vegetable Stir Fry<br>Steamed Rice<br>Corn Beet & Pea Medley<br>ALT: Butter Chicken w/ Naan Bread<br>Toffee Pudding Cake  |
|   | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| W<br>E<br>D<br>N<br>E<br>S<br>D<br>A<br>Y | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Yellow Split Pea Soup<br>Chicken Salad Sandwich on<br>Whole Wheat<br>Greek Salad<br>ALT: French Toast & Fruit Salad<br>Strawberry Smoothie       | Carrot Pineapple Raisin Salad<br>Shepard's Pie<br>Mashed Potatoes<br>Brussel Sprouts<br>Ratatouille<br>ALT: Rosemary Roast Lamb<br>Assorted Desserts   |
|   | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| T<br>H<br>U<br>R<br>S<br>D<br>A<br>Y      | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Sausage<br>Eggs<br>Toast / Assorted Jams | Cream of Broccoli Soup<br>Chef's Special<br>ALT: Crispy Chicken<br>Salad<br>Rhubarb Fool   | Mini Spring Rolls w/ Plum Sauce<br>Herb Roast Veal Au Jus<br>Parslied Boiled Potatoes<br>Diced Carrots / Broccoli<br>ALT: Steel Head with Tomato Olive Relish<br>Carrot Cake                 |
|   | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| F<br>R<br>I<br>D<br>A<br>Y                | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Chicken Rice Soup<br>Tuna Melt on English Muffin<br>Garden Salad<br>ALT: Perogies w/ Bacon &<br>Sour Cream<br>Tropical Fruit Salad               | Spinach Salad<br>Turkey Schnitzel Gravy<br>Home Fried Potatoes<br>Sugar Snap Peas<br>Yellow Beets<br>ALT: Chef's Special<br>Pumpkin Pie  |
|   | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| S<br>A<br>T<br>U<br>R<br>D<br>A<br>Y      | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Eggs<br>Toast / Assorted Jams            | Veggie Florentine<br>Egg Salad on Multigrain<br>Tossed Salad<br>ALT: Quiche Lorraine<br>Vanilla Swirl Cake                                       | Shrimp w/ Cocktail Sauce<br>Pork Tenderloin Hungarian Style<br>Mashed Potatoes<br>Zucchini<br>Buttered Corn<br>ALT: Steak with Smoked Tomato Ragout<br>Strawberry Shortcake                  |
|   | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |

**WEEK 2 February 24 – March 2**

**PLEASE PLACE YOUR ORDER FOR TRAY SERVICE  
BY 10:30 A.M. FOR LUNCH AND 4:00 P.M. FOR DINNER**