Sample Weekly Menu

STARTERS	MON	TUE	WED	THU	FRI	
Soup	Cauliflower Cheese	Split Pea	Curried Sweet Potato	Cream of Broccoli	Tomato Bisque	
Bread						
Salad	Carrot Slaw	Ambrosia	Tomato Bean Salad	Dinner Salad	Cottage Cheese	
LUNCH						
Entrée Choice	Chicken Salad on Wheat Dill Potato Salad	Alfredo Cheese Tortellini Fresh Steamed Broccoli Breadstick	Grilled Chic w/ Swiss & Bacon on Bun Sweet Potato Fries	Hamburger Macaroni Casserole Sauteed Zucchini	Ham Salad Sandwich Potato Chips	O M
Entrée Choice	Grilled Ham Steak Baked Sweet Potato Seasoned Green Beans	Sweet & Sour Braised Turkey Herbed Orzo Pasta Fresh Steamed Broccoli	Veggie Gratin Frittata Sweet Potato Fries	BBQ Ribs Potato Salad Steamed Green Peas	Stuffed Bell Pepper Braised Greens & Peppers Corn Muffin	
DINNER						
Entrée Choice	Grilled Ham Steak Baked Sweet Potato Seasoned Green Beans	Sweet & Sour Braised Turkey Herbed Orzo Pasta Fresh Steamed Broccoli	Veggie Gratin Frittata Sweet Potato Fries	BBQ Ribs Potato Salad Steamed Green Peas	Stuffed Bell Pepper Braised Greens & Peppers Corn Muffin	
Entrée Choice	Pollock Vera Cruz Baked Sweet Potato Seasoned Green Beans	Orange Spice Pork Chop Herbed Orzo Pasta Fresh Steamed Broccoli	Beef Soft Tacos Mexican Corn	Fried Chicken Potato Salad Steamed Green Peas	Cobb Salad Corn Muffin	Gr
DESSERT						
	Peach Cobbler Cake	Frosted Banana Cake	Fresh Fruit Cup	Peanut Butter Brownie	Strawberries & Bananas	

BETHESDA UNIDINE

SAT

Beef Barley

Cream of Potato

SUN

Dinner Salad

Chef's Choice

Open Face Turkey Sandwich Mashed Potatoes w/ Gravy

Biscuit with Sausage Gravy Scrambled Eggs Orange Wedges

Loaded Baked Potato & Pulled Pork

Pork Hot Brown Roasted Red & Yellow Peppers

Loaded Baked Potato & Pulled Pork

Pork Hot Brown Roasted Red & Yellow Peppers

Ground Sirloin Steak Rice Pilaf **Baby Carrots**

Fruit Pie

Strawberry Shortcake