



MONDAY 2/14 3 POINT MEAL

Weekly Soup-Creamy Corn Chowder

Daily Soup- Avgolemono (Lemon Chicken and Rice)

App-Tortellini Salad

Feature- Pan Seared Duck Breast, Cherry Agrodolce Sauce, Polenta,

Asparagus

TUESDAY 2/15

Weekly Soup-Creamy Corn Chowder

Daily Soup-Stracciatella (Italian Egg Drop)

App-Crudite, Cream Cheese Dip

Feature- Baked Rigatoni Bolognese, Garlic Bread

WEDNESDAY 2/16

Weekly Soup-Creamy Corn Chowder

Daily Soup-Vegan Root Vegetable

App-Cottage Cheese and Berries

Feature- Chicken and Pork Cassoulet, Spinach

THURSDAY 2/17

Weekly Soup-Creamy Corn Chowder

Daily Soup-Sweet and Sour Mushroom and Tofu

App-Vegetable Eggrolls

Feature- Stir-Fried Orange Beef and Vegetables, Jasmine Rice

FRIDAY 2/18

Weekly Soup-Creamy Corn Chowder

Daily Soup-Clam and Pasta

App-Falafel, Pita, Tzatziki Sauce

Feature-Red's Best

SATURDAY 2/19

Weekly Soup-Creamy Corn Chowder

Daily Soup- Pork and Mushroom Stew

App-Bean Dip, Tortilla Chips

Feature-Southern Fried Chicken, Mac-N-Cheese, Collard Greens

