

COLD MENU - Lehigh County (610) 782-3254

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Turkey and Gouda Sandwich Baby Carrots w/ Ranch WW Bread Mango	Chopped Salad with Chicken Salad Greens WW Dinner Roll Fresh Orange	Greek Salad w/ Chicken Salad Greens WW Dinner Roll Mixed Fruit	Grilled Chicken BLT Four Bean Salad WW Sandwich Roll Fresh Fruit Salad	Egg Salad Sandwich Broccoli Salad WW Bread Fresh Pear
10	11	12	13	14
Ham and Cheddar Sandwich Coleslaw WW Bread Sweet & Sour Cup	Chicken Caesar Salad Salad Greens WW Dinner Roll Strawberry Banana Applesauce	Horseradish Roast Beef Sandwich Diced Beets WW Sandwich Roll Fresh Orange	Honey Mustard BBQ Chix Sandwich Cucumbers w/ Ranch WW Sandwich Roll Tropical Fruit	Southwest Chicken Ranch Salad Salad Greens WW Dinner Roll Fresh Pear
17	18	19	20	21
Turkey Pepperoni & Cheese Sandwich Four Bean Salad WW Sandwich Roll Orange	Harvest Chicken Salad Salad Greens WW Dinner Roll Mandarin Oranges	Chef Salad with Turkey Ham Salad Greens WW Dinner Roll Peaches	Turkey & Cheddar Sandwich Broccoli Salad WW Bread Fresh Pear	French Rachel Sandwich Coleslaw WW Bread Fresh Fruit Salad
24	25	26	27	28
Turkey and Gouda Sandwich Baby Carrots w/ Ranch WW Bread Mango	Chopped Salad with Chicken Salad Greens WW Dinner Roll Fresh Orange	Greek Salad w/ Chicken Salad Greens WW Dinner Roll Mixed Fruit	Grilled Chicken BLT Four Bean Salad WW Sandwich Roll Fresh Fruit Salad	Egg Salad Sandwich Broccoli Salad WW Bread Fresh Pear
31				
Ham and Cheddar Sandwich Coleslaw WW Bread Sweet & Sour Cup				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Breaded Pork Patty Roasted Root Vegetables Brussels Sprouts WW Dinner Roll Strawberry Banana Applesauce	Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables WW Dinner Roll Oatmeal Cookie	Buttered Pierogies with Onions Side Salad WW Dinner Roll Orange Chocolate Pudding	Chicken Kiev Crinkle Cut Zucchini Buttered Quinoa Vegetable Blend Diced Pears	Veggie Cheeseburger Sweet Potato Fries French Onion Soup WW Sandwich Roll Fresh Cantaloupe
10	11	12	13	14
Orange Ginger Chicken Stir Fry Vegetable Blend Veggie Fried Rice Diced Pineapple	Turkey Sloppy Joe Diced Potatoes Beef and Pepper Soup WW Sandwich Roll Orange Sugar Cookie	Garlic Parmesan Chicken Buttered Broccoli & Cauliflower Buttered Rice Blend w/ Quinoa Apple Slices	Beef Goulash Peas and Carrots Macaroni WW Dinner Roll Diced Mango	Breaded Fish Sandwich Roasted Sweet Potato Cubes Cauliflower WW Sandwich Roll Pound Cake
17	18	19	20	21
Turkey Burger Roasted Potato Wedges Green Beans WW Sandwich Roll Tropical Fruit	Chicken Fried Steak W/ Country Gravy Mashed Potatoes Beets WW Dinner Roll Vanilla Pudding	Boom Boom Chicken Fritters Broccoli Carrot Coins WW Dinner Roll Shortbread Cookie	French Onion Cheeseburger Roasted Red Potatoes Chicken Noodle Soup WW Sandwich Roll Fresh Cantaloupe	Cheese Tortellini Buttered Romanesco Broccoli & Cauliflower Blend WW Dinner Roll Fresh Fruit Salad
24	25	26	27	28
Stuffed Cabbage Roll Mashed Potatoes Carrot Coins WW Dinner Roll Jell-O	Turkey Kielbasa Potatoes W/ Peppers and Onions Baked Beans WW Hot Dog Roll Fresh Orange	Spaghetti & Meatballs Buttered Broccoli Side Salad WW Spaghetti W/ Sauce Chocolate Chip Cookie	Raspberry Grilled Chicken Roasted Red Potatoes Chuckwagon Corn WW Dinner Roll Diced Peaches	Garlic Herb Butter Fish Buttered Peas & Pearl Onions WG Mac & Cheese WG Dinner Roll Fresh Fruit Salad
31				
Breaded Pork Patty Roasted Root Vegetables Brussels Sprouts WW Dinner Roll Strawberry Banana Applesauce				