



Client Lunch Program Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
WEEK - 1				NEW YEARS DAY CENTER CLOSED WELLNESS CALLS	1 Happy New Year !!! Italian Meatballs – (3 oz) w/sauce & mozzarella cheese 1 WGR Grinder Roll Grilled Vegetables (½ cup) Fruit Cup (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	2 Hamburger (3 oz.) Lettuce & Tomato on a WG Roll Steak Fries (1/2 cup) Cole Slaw (1/2 cup) Pineapple (1/2 cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	
WEEK - 2	3 Deli Ham/Turkey – (3 oz) American Cheese Sandwich w/Lettuce & Tomatoes Coleslaw (½ cup) Applesauce (½ cup) Tomatoes Soup (6 oz) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	4 Italian Meatballs – (3 oz) w/sauce & mozzarella cheese 1 WGR Grinder Roll Grilled Vegetables (½ cup) Fruit Cup (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	5 Spanish Rice & Green Peas Chicken Breast (3 oz) with potatoes/carrots Tossed Salad/ Avocado (1 cup) Yellow Plantains (½ cup) (Special Dessert) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	6 Three Kings Celebration	7 Chicken Parmigiana (3 oz) WG Penne Pasta (1/2 cup) Garlic Bread (1 slice) Tossed Salad (1 cup) Apricots (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	8 Fresh Turkey Burger w/ WGR Burger Roll – Lettuce & Tomatoes Potatoes Salad (½ cup) Grilled Zucchini (½ cup) Strawberries (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	9 Tuna Fish – 2 oz WGR Roll Lettuce/Tomatoes Grilled Zucchini – (½ cup) Blueberries – ½ cup w/whip cream) Chicken Noodle Soup (6oz) Low Fat Milk (1 cup) Coffee or Tea (1 cup)
WEEK - 3	10 11 Chicken Cutlet Sandwich w/Lettuce & Tomatoes on WG Roll Coleslaw. (½ cup) Apple Sauce (½ cup) 6 oz – Chicken Soup Low Fat Milk (1 cup) Coffee or Tea (1 cup)	12 Spiral Ham (3 oz) w/pineapples & cherries Green beans (½ cup) Mashed Sweet Potatoes (1 cup) 1 small WG roll Mandarins (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	13 Beef Meatloaf (3 oz) Mashed Potatoes (1 cup) Gravy Steamed Dill/Butter Carrots (½ cup) Pears (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	14 Pizza Party In-Trip (2 slices with vegetables or meats) Tossed Salad (1 cup) Blueberries/Strawberries (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	15 Cod Fish Sandwich on WGR Lettuce/Tomatoes & Tartar sauce French Fries (1 cup) Steamed Vegetables (½ cup) Fruit cup (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	16 Beef Chili (3 oz) 1 Corn Muffin Tossed Salad (½ cup) Brown Rice (1 cup) Fruit Cup (1 cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	
WEEK 4	17 18 Chicken Corn Chowder (8 oz) chicken/corn/carrots Tossed Salad (1 cup) Applesauce (½ cup) Fruit Cup (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	19 Beef Stew with Carrots/Peas/Potatoes Brown Rice (1 cup) Tossed Salad (½ cup) Pears (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	20 Grilled Salmon w/Dill sauce Steamed Broccoli (½ cup) Brown Rice (1 cup) Fruit Cup (1 cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	21 Fresh Turkey Burger w/ WGR Burger Roll – Lettuce & Tomatoes Potatoes Salad (½ cup) Grilled Zucchini (½ cup) Strawberries (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	22 CELEBRATING CHINESE NEW YEAR! Chinese Style Chicken & Broccoli (3 oz) Vegetable Fried Rice (½ cup) Vegetable Egg Roll (1) Mandarins (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	23 Hot Turkey Breast w/gravy (3oz) Green beans (½ cup) Corn (½ cup) Homemade Stuffing (½ cup) Cranberry Sauce Low Fat Milk (1 cup) Coffee or Tea (1 cup)	
WEEK 5	24 Deli Ham/Turkey – (3 oz) American Cheese Sandwich w/Lettuce & Tomatoes Coleslaw (½ cup) Applesauce (½ cup) Tomatoes Soup (6 oz) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	25 Beef Meatloaf (3 oz) Mashed Potatoes (1 cup) Gravy Dill/Butter Carrots (½ cup) Pears (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	26 BBQ Chicken Breast 3 oz WG Noodles w/butter (1 cup) Baked Beans (½ cup) Apple Sauce (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	27 Chicken Marsala (3 oz) WG Penne Pasta (1 Cup) Steamed Broccoli (½ cup) Pineapple chunks (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	28 Tuna Fish – 2 oz WGR Roll Lettuce/Tomatoes Grilled Zucchini – (½ cup) Blueberries – (½ cup w/whip cream) Chicken Noodle Soup (6oz) Low Fat Milk (1 cup)	29 Breaded Chicken Cutlets (3 oz) Macaroni & Cheese (½ cup) String beans (½ cup) Grapes (½ cup) Low Fat Milk (1 cup) Coffee or Tea (1 cup)	