

**UCC PREP WINTER MENU 2017**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Week 1</b>	Italian style cod (Baked cod for SK - 3) Whole wheat cheese or veggie pizza Roasted brussels sprouts	Chicken gumbo (Baked chicken thighs for SK - 3) Steamed whole grain rice Whole wheat dinner rolls Tomato zucchini and okra stew Fresh seasonal vegetables	Pulled beef sandwich on whole wheat bun Spicy roasted potato wedges Tomato basil penne Sauteed green beans	BBQ Chicken drumsticks Mashed potatoes w/ chicken gravy Quinoa, beans and vegetable casserole Fresh seasonal vegetables	Whole wheat and regular spaghetti with Bolognese or Marinara sauce Whole grain garlic bread Spinach and cheese cannelloni Steamed broccoli
<b>Dessert</b>	<b>Vanilla frozen yogurt</b>	House made cookies	Fresh cut fruit	House made cake	chefs choice

Week 1 will be weeks beginning Jan. 9th, Jan. 30th and Feb. 20th,

**Available daily:** House made soup of the day, salad bar including fresh cut vegetables, tossed salad & our daily special salad. Fresh fruit, pre-made sandwiches, house roasted sandwich meat & yogurt. Also, 100% fruit juices, 2% & chocolate milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Baked Halibut  Three cheese whole wheat macaroni and cheese  Spinach and mushroom frittata  Fresh mixed vegetables	Chili con carne  Vegetarian chili  Brown rice  Corn bread  Seasonal vegetable medley	Teriyaki salmon  (Baked salmon for SK - 3)  Steamed chow mein noodles w/ chicken  Vegetarian sushi  Asian style stir fried vegetables	Baked beef and cheese rigatoni casserole  Vegetarian rigatoni casserole  Cheesy whole wheat bruscetta  Fresh vegetables	Butter chicken  (Baked chicken thighs for SK -3)  Jasmine rice  Potato and chick pea curry  Naan bread  Steamed peas
Dessert	Fresh cut fruit	House made cookies	Brownies or blondies	House made cake	Chefs choice

Week 2 will be weeks beginning Jan 16th, Feb. 6th and Feb. 27th.

**Available daily:** House made soup of the day, salad bar including fresh cut vegetables, tossed salad & our daily special salad. Fresh fruit, pre-made sandwiches, house roasted sandwich meat & yogurt. Also, 100% fruit juices, 2% & chocolate milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Theme day	Beef Stroganoff Buttered egg noodles Three bean vegetable ragout House made buttermilk biscuits Fresh vegetables	Chicken fajitas Mexican rice Vegetarian tacos Sauteed onions and peppers	Grilled Italian sausage on a bun Roasted rosemary potatoes Pasta in sun dried tomato pesto sauce Steamed cauliflower	Beef and vegetable stew Whipped potatoes Green lentil stew Steamed baby carrots
Dessert	Theme dessert	House made oatmeal chocolate chip cookies	Fresh cut fruit	House made Apple Betty	Chefs choice

Week 3 Will be weeks beginning Jan. 23rd, Feb. 13th and March 6th.

**Available daily:** House made soup of the day, salad bar including fresh cut vegetables, tossed salad & our daily special salad. Fresh fruit, pre-made sandwiches, house roasted sandwich meat & yogurt. Also, 100% fruit juices, 2% & chocolate milk.