

UCC PREP SPRING MENU 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Italian style cod (Baked cod for SK - 3) Whole wheat grilled cheese sandwiches Baked beans Fresh vegetables	BBQ Chicken drumsticks (Baked chicken drumsticks for SK - 3) Dirty mashed potatoes with chicken gravy Grilled vegetable and feta wrap Fresh vegetables	Swiss steak in mushroom sauce Roasted Parisienne potatoes Tomato basil penne Fresh vegetables	Tandori chicken on mini naan bread w/ raita sauce Basmati rice Vegetarian pineapple curry Fresh vegetables	Whole wheat and regular spaghetti with Bolognese or Marinara sauce Whole grain garlic bread Spinach and cheese cannelloni Fresh vegetables
Dessert	Vanilla frozen yogurt	House made cookies	Fresh cut fruit	House made cake	chefs choice

Week 1 will be weeks beginning March 27, April 17, May 8 and May 29

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	<p>Baked Halibut</p> <p>Three cheese whole wheat macaroni and cheese</p> <p>Spinach and mushroom frittata</p> <p>Fresh vegetables</p>	<p>All beef burger on whole wheat bun</p> <p>Roasted red skin potato wedges</p> <p>Vegetarian burger</p> <p>Lettuce, sliced cheese tomatoes</p>	<p>Chicken and vegetable fajitas</p> <p>Mexican rice</p> <p>Cheese and vegetable quesadillas</p> <p>Fresh vegetables</p>	<p>Baked beef and cheese rigatoni casserole</p> <p>Vegetarian rigatoni casserole</p> <p>Cheesy whole wheat bruscetta</p> <p>Fresh vegetables</p>	<p>Pulled pork on whole wheat bun</p> <p>Oven fries</p> <p>Vegetarian sub</p> <p>Fresh vegetables</p>
Dessert	Fresh cut fruit	House made cookies	Brownies or blondies	House made cake	Chefs choice

Week 2 will be weeks beginning April 3rd, April 24th, May 15th and June 5th

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 and vegetable stir fry Chow mein noodles Vegetarian sushi Asian vegetable stir fry	Mild jerk chicken Red beans and rice Vegetarian bagel melts Caribbean mixed vegetables	Grilled Italian sausage on a bun Roasted rosemary potatoes Pasta in sun dried tomato pesto sauce Fresh vegetables	Chili con carne Whole wheat dinner rolls Baked potato bar Vegetarian chili Fresh vegetables
Dessert	Theme dessert	House made oatmeal chocolate chip cookies	Fresh cut fruit	House made cake	Chefs choice

Week 3 Will be weeks beginning April 10th, May 1st and May 22nd.

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.