

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salmon Cakes Bowtie Pasta w/Kasha Roasted Beets Milk, Fruit	3 Lentil Stew w/ Carrots Turnips Veggie Sausage Baby Spinach Salad Milk, Fruit	4 Baked Fish w/Garlic Sauce Brown Rice California Vegetables Milk, Fruit	5 Stuffed Shells w/Cheese Whole Wheat Bread Broccoli w/ Toasted Garlic Milk, Fruit	6 Apricot Glazed Salmon Brown Rice Asian Steamed Cauliflower Milk, Fruit
9 Eggplant Parmesan w/ Ricotta Pasta Lemon Garlic Escarole Milk, Fruit	10 Egg Drop Soup Tofu Brown Rice Broccoli w/ Teriyaki Sauce Milk, Fruit	11 Spiced Sweet Potatoes Veggie Burger Patty & WW Bun Cabbage Carrot Slaw Milk, Fruit	12 Vegetable Soup Potato Spinach Frittata WW Dinner Roll Mixed Green Salad Milk, Fruit	13 Egg Drop Soup Baked Fish w/ Sweet & Sour Sauce White Rice Garlic Broccoli Milk, Fruit
16 Fish Tacos Brown Rice w/ Beans Cabbage Car- rot Slaw Milk, Fruit	17 Egg Drop Soup Tofu Brown Rice Broccoli w/ Teriyaki Sauce Milk, Fruit	18 Baked Fish w/Soy Sauce Lo Mein Garlic Bread Bok Choy w/ Garlic Milk, Fruit	19 Lentil Soup Cheese Ravioli Garlic Bread Zucchini & Peas Milk, Fruit	20 Baked Salmon White Rice Asian Cabbage Milk, Fruit
23 Baked Fish w/ Garlic Sauce Rice w/ Vegetables Broccoli & Peppers Milk, Fruit	24 Spiced Sweet Potatoes Veggie Burger Patty & WW Bun Baby Spinach Salad Milk, Fruit	25  Center Closed	26 Escarole & White Bean Soup WW Cheese Pizza Beet Salad Milk, Fruit	27 Butternut Squash Soup Fish Sandwich French Fries Milk, Fruit
30 Baked Breaded Fish WW Dinner Roll Beet Salad w/ Yogurt Dress- ing Mashed Potatoes Milk, Fruit	31 Eggplant Parmesan w/ Ricotta Pasta Lemon Garlic Escarole Milk, Fruit	<h1>December 2019</h1> <h2>Lunch Menu</h2>		