

**TRANSFAT FREE HOT LUNCH MENU Starts Mon. Jan. 9<sup>th</sup>/23 with Week 3**  
**This Menu has been reviewed and approved by a Registered Dietician Updated Jan 16<sup>th</sup>/23**

HOT LUNCH SELECTIONS

WEEK 1

MONDAY

Chicken Jambalaya  
Pepper and Cucumber Sticks  
Honey Oats Bread  
Fresh Fruit, Milk

TUESDAY

WW / Vegetable Pasta  
Tomato Meat Sauce  
Parmesan Cheese  
Baby Carrots  
Whole Wheat Bun  
Fresh Fruit, Milk

WEDNESDAY

Chicken Noodle Soup  
Chicken, salami and Cheese Submarine  
Cauliflower Floret and Celery Sticks  
Sausage Bun, Mustard  
Fresh Fruit, Milk

THURSDAY

Fish Sticks  
Quinoa Pilaf, Ketchup  
Baby Corn  
Multigrain Bun  
Fresh Fruits, Milk

FRIDAY

Beef Lasagna  
Caesar Salad, Caesar Dressing  
Whole Wheat Bread  
Fresh Fruit, Milk

**Veggie sticks and Bread and other menu items  
may change without notice based on availability**

HOT LUNCH SELECTIONS

WEEK 2

MONDAY

Meatballs with Gravy  
Mashed Potatoes  
Cucumber and Pepper Sticks  
Multigrain Bun  
Fresh Fruit, Milk

TUESDAY

WW / Vegetable Pasta  
Tuscan Chicken  
Parmesan Cheese  
Baby Carrots  
Whole Wheat Bread  
Fresh Fruit, Milk

WEDNESDAY

Krunchie Haddock  
Basmati Rice, Ketchup  
Broccoli Floret and Celery Sticks  
Honey Oats Bread  
Fresh Fruit, Milk

THURSDAY

Sloppy Joe  
Lettuce, Cheese, Sour Cream  
Whole Wheat Flour Tortillas  
Fresh Fruit, Milk

FRIDAY

Chicken Breast Strips  
Saffron Rice  
BBQ Sauce  
Green Beans  
Whole wheat Pita  
Fresh Fruit, Milk

## TRANSFAT FREE HOT LUNCH MENU

### HOT LUNCH SELECTIONS

#### WEEK 3

##### MONDAY

Mac & Cheese sauce  
Cucumber and Carrot Sticks  
Whole wheat Italian Bread  
Fresh Fruit, Milk

##### TUESDAY

Lemon Pepper Cod  
Basmati Rice  
Ketchup  
Baby Corn  
Whole Wheat Bun  
Fresh Fruit, Milk

##### WEDNESDAY

Shell Pasta  
Chicken in Ricotta Tomato Sauce  
Parmesan Cheese  
Whole Wheat Bread  
Cauliflower Floret and Celery Sticks  
Fresh Fruit, Milk

##### THURSDAY

Beef Hotdog  
Roast Potatoes  
Green Beans  
Ketchup  
Hotdog Bun  
Fresh Fruit, Milk

##### FRIDAY

Roast Chicken Drums  
Yellow Rice  
Baby Carrots  
Whole Wheat Pita  
Fresh Fruit, Milk

### HOT LUNCH SELECTIONS

#### WEEK 4

##### MONDAY

WW / Vegetable Pasta  
Meatballs in Tomato Sauce  
Parmesan Cheese  
Pepper and Cucumber Sticks  
Whole Wheat Bread  
Fresh Fruit, Milk

##### TUESDAY

Beef Hamburger  
Corn Niblets, Ketchup  
Sliced Cheddar  
Hamburger Bun  
Fresh Fruits, Milk

##### WEDNESDAY

Chicken Breast Strips  
Quinoa Pilaf  
Asparagus  
Honey Mustard Sauce  
Multigrain Bun  
Fresh Fruit, Milk

##### THURSDAY

Salmon Roti  
Coleslaw, Dressing  
Whole Wheat Pita  
Fresh Fruit, Milk

##### FRIDAY

Roast Diced Chicken  
Rice Pilaf  
Baby Carrots  
Whole Wheat Bread  
Fresh Fruit, Milk

