




PEAK / ENCORE MENU - JANUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Closed Holiday 	2 Closed	3 Chicken Parm w/ Penne Pasta Green Salad Whole Wheat Roll 1% Milk	4 Chinese Roasted Pork Asian Ginger Slaw Wild Rice Mandarin Oranges 1% Milk	5 Baked Haddock w/ Tomato wine sauce Wild rice Green Beans Sliced Peaches 1% Milk	6
7	8 Sliced Roast Beef Roasted Potatoes Green Beans 1% Milk	9 Chicken Enchiladas Spanish Rice Green Salad Mixed Fruit 1% Milk	10 Fish & Chips Cole Slaw 1% Milk	11 Roasted Vegetable Flat Bread Green Salad Manadin Oranges 1% Milk	12	13 Beef Meatball Sub Sweet Potato Bites Mixed Fruit 1% Milk
14	15 Pineapple Chicken over Brown Rice Steamed Broccoli 1% Milk Martin Luther King Day	16 Grilled Cheese Tomato Soup Mixed Fruit 1% Milk	17 Cuban Sliders Black bean Soup Fruit 1% Milk	18 Grilled Salmon Wild Rice Citrus Salad 1% Milk	20	Baked Ziti Green Salad Whole Wheat Roll 1% Milk
21	22 Open Faced Turkey Sandwich on Herb Focaccia Cole Slaw Mandarin Oranges 1% Milk	23 Special Lunch	24 Meat Loaf w/Mushroom Gravy Garlic Mashed Potatoes Green Beans Whole Wheat Roll 1% Milk	25 Winter Veggie Chili Cheddar Cheese Corn Bread Mixed Fruit 1% Milk	26	27 Pulled Pork Stuffed Sweet Potato Green Salad 1% Milk
28	29 Chinese Roasted Pork Asian Ginger Slaw Wild Rice Mandarin Oranges 1% Milk	30 Chicken Parm w/ Penne Pasta Green Salad Whole Wheat Roll 1% Milk	31 Italian Chicken Stew Green Salad Whole Wheat Roll Pineapple 1% Milk			

PEAK / ENCORE MENU - FEBRUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 Baked Haddock w/ Tomato wine sauce Wild rice Green Beans Sliced peaches 1% Milk	2 Stuffed Buttermilk Squash w/ Quinoa & Brown Rice Ginger Butternut Squash Soup Whole Wheat Roll 1% Milk 	3
4	5 Fish & Chips Cole Slaw 1% Milk	6 Sliced Roast Beef Roasted Potatoes Green Beans 1% Milk	7 Chicken Enchiladas Spanish Rice Green Salad Mixed Fruit 1% Milk	8 Roasted Vegetable Flat Bread Green Salad Mandarin Oranges 1% Milk	9	10 Special Lunch Valentine's Party
11	12 Grilled Salmon Wild Rice Citrus Salad 1% Milk	13 Baked Ziti Green Salad Whole Wheat Roll 1% Milk	14 Pineapple Chicken over Brown Rice Steamed Broccoli 1% Milk 	15 Cuban Sliders Black bean Soup Fruit 1% Milk	16	17 Grilled Cheese Tomato Soup Mixed Fruit 1% Milk
18	19 Meat Loaf w/Mushroom Gravy Garlic Mashed Potatoes Green Beans Whole Wheat Roll 1% Milk 	20 French Toast Casserole w/Turkey Sausage Raspberry sauce Mixed Fruit 1% Milk	21 Winter Veggie Chili Cheddar Cheese Corn Bread Mixed Fruit 1% Milk	22 Pulled Pork Stuffed Sweet Potato Green Salad 1% Milk	23	24 Open Faced turkey Sandwich on Herb Focaccia Cole Slaw Mandarin Oranges 1% Milk
25	26 Chicken Parm w/ Penne Pasta Green Salad Whole Wheat Roll 1% Milk	27 Chinese Roasted Pork Asian Ginger Slaw Wild Rice Mandarin Oranges 1% Milk	28 Baked Haddock w/ Tomato wine sauce Wild rice Green Beans Sliced Peaches 1% Milk	1-Mar Stuffed Buttermilk Squash w/ Quinoa & Brown Rice Ginger Butternut Squash Soup Whole Wheat Roll 1% Milk	2-Mar	Italian Chicken Stew Green Salad Whole Wheat Roll Pineapple 1% Milk

