



Menu for week of October 3 – October 6, 2022

Managed by CulinArt Group  
 Chef Manager: Stephen Acampora | Phone: 203-  
 Email: sacampora@culinartinc.com

**MAKE THE CHOICE THAT'S RIGHT FOR YOU.**

EAT WELL

LOCALLY SOURCED

VEGETARIAN

VEGAN

|                  | ENTREES            | SIDES   | GRILL or PIZZA   | SANDWICHES   | SNACK                  |
|------------------|--------------------|---|--|--|------------------------|
| <b>MONDAY</b>    | Chicken Parmesan   | Garlic Bread<br><br>Sautéed Baby Spinach<br>          | French Bread Pizza<br>                                     | Roast Turkey, Lettuce and Tomato On Hard Roll<br><br>Sun Butter & Jelly<br>        | Apple Sauce Cup<br>    |
| <b>TUESDAY</b>   | Beef Tacos         | Steamed Rice<br><br>Churro Beans<br>                  | Classic Grilled Cheese<br>                                 | Tuna Salad, Lettuce and Tomato On Whole Wheat<br>Sun Butter & Jelly<br>            | Churros                |
| <b>WEDNESDAY</b> |                    |   |  |  |                        |
| <b>THURSDAY</b>  | Hot Pot Noodle Bar | Sweet Chili Bok Choy<br><br>Stir Fried Vegetables<br> | Buffalo Chicken Tenders with Celery Sticks, Ranch Dressing | Ham & Pepper Jack, Lettuce and Tomato On Kaiser Roll<br><br>Sun Butter & Jelly<br> | Chocolate Brownies<br> |

**Always available for lunch:**

Pasta with Choice of Marinara or Butter Sauce

Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings



Menu for week of October 10 – October 13, 2022

Managed by CulinArt Group  
 Chef Manager: Stephen Acampora  
 Phone: 203.661.1609 x225  
 Email: sacampora@culinartinc.com

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL

LOCALLY SOURCED

VEGETARIAN

VEGAN

|                  | ENTREES                                   | SIDES   | DELI OR GRILL                    | SANDWICHES   | SNACK                    |
|------------------|---|---|----------------------------------|--|--------------------------|
| <b>MONDAY</b>    | Pork Pernil                               | Fried Plantains<br><br>Spanish Brown Rice<br>       | Meatball Parmesan Hero<br>       | Roast Turkey, Swiss Cheese, Lettuce and Tomato<br><br>Sun Butter & Jelly<br> | Fresh Fruit Salad<br>    |
| <b>TUESDAY</b>   | Grilled Ham and Cheese                    | Tomato Soup<br><br>Lemony Broccoli<br>              | Beef Burger<br>Veggie Burger<br> | Egg Salad, Lettuce and Tomato<br><br>Sun Butter & Jelly<br>                  | Banana Bread<br>         |
| <b>WEDNESDAY</b> | Orange Chicken Stir-Fry<br>               | Steamed Brown Rice<br><br>Green Beans<br>           | Roasted Vegetable Panini<br>     | Roast Beef, Swiss Cheese, Lettuce and Tomato<br><br>Sun Butter & Jelly<br>   | Assorted Yogurt Cups<br> |
| <b>THURSDAY</b>  | Baked Potato Bar<br><br>Assorted Toppings | Zucchini & Tomato Sauté<br><br>Steamed Broccoli<br> | Chicken Tenders                  | Salami, American Cheese, Lettuce and Tomato<br><br>Sun Butter & Jelly<br>    | Chocolate Cake<br>       |

**Always available for lunch:**

Pasta with Choice of Marinara or Butter Sauce

Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings