



Menu for week of November 28 – Dec 1, 2022

Managed by CulinArt Group
 Chef Manager: Stephen Acampora | Phone:
 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
MONDAY	National French Toast Day French Toast with Strawberries and Whipped Cream	Bacon or Turkey Bacon Home Fries	Pizza Bagels Plain or Pepperoni	Ham & Pepper Jack With Mayo, lettuce and tomato Sun Butter & Jelly	Danish
TUESDAY	Home Style Meatloaf	Mashed potatoes Lemony Broccoli	3 Cheese Quesadilla	Chicken & Avocado with Ranch Wrap Sun Butter & Jelly	Assortment of Hand Fruit
WEDNESDAY	Chicken & Broccoli Stir Fry	Steamed Rice Stir Fried Vegetables	Cheeseburgers Roasted Carrot Fries	Egg Salad on Whole Wheat Bread Sun Butter & Jelly	Red Grapes
dTHURSDAY	Coney Island Dog	Potato Wedges Crispy Green Beans	Fried Chicken on Brioche	Tuna Salad on Whole Wheat Bread Sun Butter & Jelly	Ice Cream

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 December 5 – December 8, 2022

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	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY	Beef Bulgogi Bowl Kim Chee Korean BBQ Sauce	Jasmine Rice Snow Peas	French Bread Pizza	Roast Turkey, Lettuce and Tomato On Hard Roll Sun Butter & Jelly	Apple Sauce Cup
TUESDAY	Baked and Stuffed BBQ Chicken Stuffed Sweet Potato	Mac and Cheese TRY IT TUESDAY: Roasted Asparagus	Portobella Mushroom Burger	Tuna Salad, Lettuce and Tomato On Whole Wheat Sun Butter & Jelly	Orange Slices
WEDNESDAY	Healthy Holiday Comfort Foods Spinach and Mushroom Lasagna	Sweet Italian Sausage Roasted Kale	Beef Cheeseburger with Assorted Toppings	Roast Beef, Cheddar, Lettuce, Tomato Sun Butter & Jelly	Strawberry Banana Fruit Smoothies
THURSDAY	Turkey Tacos	Buffalo Cauliflower Bites Cilantro Lime Brown Rice	Buffalo Chicken Tenders with Celery Sticks, Ranch Dressing	Ham & Swiss, Lettuce and Tomato On Kaiser Roll Sun Butter & Jelly	Chocolate Brownies

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 December 12 – December 15, 2022

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

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EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN

	ENTREES	SIDES	DELI OR GRILL	SANDWICHES	SNACK
MONDAY	Roast Turkey & Gravy 	Mashed Potatoes Steamed Baby Carrots 	Meatball Parmesan Hero 	Roast Turkey, Swiss Cheese, Lettuce and Tomato Sun Butter & Jelly 	Fresh Fruit Salad
TUESDAY	Baked and Stuffed Mediterranean Lentil Stuffed Zucchini 	Rice and Peas Lemony Broccoli 	Beef Burger Veggie Burger Assorted Toppings Bar	Egg Salad, Lettuce and Tomato Sun Butter & Jelly 	Banana Bread
WEDNESDAY	Orange Chicken Stir-Fry 	Steamed Brown Rice Green Beans 	Roasted Vegetable Panini 	Roast Beef, Swiss Cheese, Lettuce and Tomato Sun Butter & Jelly 	Assorted Yogurt Cups
THURSDAY	Holiday Meal Roast Beef Mushroom Gravy	Roasted Fingerling Potatoes Maple Glazed Carrots 	Chicken Tenders	Salami, American Cheese, Lettuce and Tomato Sun Butter & Jelly 	Yellow Cake Chocolate Frosting

Always available for lunch:

Pasta with Choice of Marinara or Butter Sauce

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



*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance for foodborne illness

MENU WEEK 3 SUBJECT TO CHANGE



Menu for week of December 19– December 22, 2022
 Managed by CulinArt Group
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 Email: sacampora@culinartinc.com

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EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN

	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY	Baked Mac and Cheese	Garlic Roasted Green Beans VG EW Roasted Baby Carrots VG EW	Grilled Chicken Sandwich LS	Italian Combo	Grapes VG
TUESDAY	Baked and Stuffed Turkey Taco Stuffed Sweet Potato	Maple Glazed Acorn Squash VG Steamed Peas & Corn EW	Grilled Cheese and Bacon LS	Ham And American Cheese On Kaiser Roll V LS Sun Butter & Jelly V LS	Tiny Pretzel Twist EW
WEDNESDAY	Healthy Holiday Comfort Foods Cinnamon-Clove Spiced Ham	Balsamic Brussel Sprouts VG Roasted Potatoes VG	Philly Cheesesteak Sandwich	Tuna Salad on Whole Wheat LS Sun Butter & Jelly V LS	Assorted Yogurt Cup V EW
THURSDAY	BBQ Pulled Pork Sandwich LS	Spicy Black Beans EW VG Roasted Zucchini VG	Margherita Pizza V	Tomato & Mozzarella Caprese V LS Sun Butter & Jelly V LS	Sugar Cookies V

Always available for lunch:
 Pasta with Choice of Marinara or Butter Sauce
 Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings