



Menu for week of September 12 – September 16, 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>	Roast Turkey & Gravy 	Mashed Potatoes  Steamed Baby Carrots  	Meatball Parmesan Hero 	Roast Turkey, Swiss Cheese, Lettuce and Tomato  Sun Butter & Jelly  	Fresh Fruit Salad 
<b>TUESDAY</b>	Everything Spice Chicken	Rice and Peas   Lemony Broccoli 	Beef Burger Veggie Burger  Assorted Toppings Bar	Egg Salad, Lettuce and Tomato   Sun Butter & Jelly  	Banana Bread 
<b>WEDNESDAY</b>	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  
<b>THURSDAY</b>	Baked Potato Bar  Assorted Toppings	Zucchini & Tomato Sauté  Steamed Broccoli  	Chicken Tenders	Salami, American Cheese, Lettuce and Tomato  Sun Butter & Jelly  	Chocolate Cake 

**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 September 19 – September 23, 2022

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EAT WELL    LOCALLY SOURCED    VEGETARIAN    VEGAN

	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
<b>MONDAY</b>	Roasted BBQ Chicken 	Classic Mac and Cheese  Roasted Zucchini 	Pepperoni Pizza or Cheese Pizza 	Ham & Swiss With Mayo, lettuce and tomato  Sun Butter & Jelly 	Chocolate Chip Cookies 
<b>TUESDAY</b>	Home Style Meatloaf	Mashed Potatoes  Lemony Broccoli 	Beef Quesadilla 3 Cheese Quesadilla 	Chicken & Avocado with Ranch Wrap Sun Butter & Jelly 	Assortment of Hand Fruit 
<b>WEDNESDAY</b>	Chicken & Broccoli Stir Fry	Steamed Rice  Stir Fried Vegetables 	Beef Burger  Black Bean Burger  Assorted Toppings Bar Roasted Carrot Fries 	Egg Salad on Whole Wheat Bread  Sun Butter & Jelly 	Red Grapes 
<b>THURSDAY</b>	Coney Island Dog 	Potato Wedges  Crispy Green Beans 	Buffalo Chicken Hoagie 	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 September 26– September 30, 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	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY					
TUESDAY	Everything Spice Portobello Mushroom Burger with Lettuce, Tomato and Secret Sauce on a Potato Bun	Baked Sweet Potato Wedges VG Steamed Peas & Corn EW	Cheese Pizza Bagel LS	Ham And American Cheese On Kaiser Roll V LS Sun Butter & Jelly V LS	Tiny Pretzel Twist EW
WEDNESDAY	Chicken Ropa Vieja Or Veggie Paella Bowl EW VG	Arroz con Gandules V Yucca al Mojo 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	Oatmeal Raisin 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