



C-TEC MENU

(MENU SUBSTITUTIONS MAY BE MADE WITHOUT ADVANCE NOTICE)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1	Chicken Bowl Mashed Potatoes, Corn & Gravy Whole Wheat Roll	Cheesy Tuna and Noodles Roasted Carrots Blueberry Muffin	Beef and Bean Taco Pie Spanish Rice Fresh Salsa Chile Cheddar Muffin	Honey Glazed Chicken Mediterranean Vegetable Medley Whole Grain Muffin	Beef and Broccoli Stir Fry Rice Whole Wheat Bread
Week 2	Loaded Potato Bar Chili Whole Wheat Roll	Classic Beef Stew Oven Roasted Carrots and Potatoes Buttermilk Biscuit	Chicken with Veloute Sauce Mashed Potatoes Whole Grain Muffin	Oven Roasted Pork Loin Macaroni and Cheese Green Beans Whole Wheat Roll	Meat Ragu or Chicken Alfredo Sauce Whole Grain Pasta Mediterranean Vegetable Medley Whole Wheat Italian Bread
Week 3	Beef, Chili and Cheddar Macaroni Roasted Garlic Green Beans Whole Wheat Roll	Whole Grain Pizza "Pie" with Sauteed Spinach and Ricotta Cheese	Chicken Picatta Garlic and Herb Pasta Roasted Asparagus Whole Grain Banana Muffin	Roast Beef and Gravy Mashed Redskin and Sweet Potatoes Whole Wheat Bread	Pulled Pork BBQ Baked Beans Cole Slaw Corn Bread Muffin
Week 4	Grilled Cheese on Wheat Bread Italian Vegetable and Bean Soup Garden Salad	Oven "Fried" Chicken Breast Rice Steamed Broccoli Whole Wheat Roll	Stuffed Peppers Garlic and Cheddar Mashed Potatoes Blueberry Muffin	Chicken and Noodles Roasted Carrots and Potatoes Cheddar Biscuit	"Pizza" Pasta Green Beans Whole Wheat Breadstick

All entrees are served with garden fresh or spinach salad, choice of fruit, and milk.

In addition to the daily plated lunch selection **we will offer a choice of hot and cold sandwich specials daily in our deli** along with a selection of fresh deli salads, fresh fruit and vegetables, and milk. **These items may be combined to create a complete meal at the regular lunch price**, or they may be purchased individually at a la carte prices.

This institution is an equal opportunity provider and employer.