

THE WILLOWS DINING SERVICE WEEKLY MENU Week of January 2

Sunday 02	Monday 03	Tuesday 04	Wednesday 05	Thursday 06	Friday 07	Saturday 08
Dinner Ground Beef Meat Pie Green Beans Mediterranean Tilapia Asparagus Whipped Potatoes Tossed Salad Blueberry Crunch Pie	Dinner Pork & Apple Roast Whipped Potatoes Roasted Baby Carrots Stuffed Shells with Spaghetti Sauce Garlic Bread Sautéed Spinach Tossed Salad Apple Cinnamon Rolls w/Vanilla Ice Cream	Dinner Fried Chicken Baked Sweet Potatoes BBQ Lima Beans Baked Ham Whipped Potatoes Green Peas Tossed Salad Homemade Pumpkin Roll	Dinner Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Linguine w/ Clam Sauce Italian Breadstick Brussel Sprouts Tossed Salad Apple Pie	Dinner Shrimp Fried Rice Vegetable Egg Roll Stir- Fry Cabbage & Julienne Carrots Baked Chicken Legs Whipped Potatoes Stewed Tomatoes Tossed Salad Plum Cake	Dinner Sticky Honey Garlic Turkey Meatballs Bow Tie Pasta Steamed Broccoli Pasta Primavera (Penne pasta with vegetables and alfredo sauce) Caesar Salad Caramel Apple Cobbler	Dinner Crab Meat Stuffed Flounder w/ Lemon Cream Sauce Herb Couscous Chef's Choice Veg. Liver & Onions w/ gravy and bacon Whipped Potatoes Roasted Beets Tossed Salad Pecan Pie
Supper Pasta Faggioli Chef's Choice Soup* Spinach & Tomato Quiche Sliced Melon Bologna and American Cheese Sandwich on White Bread Fruited Gelatin	Supper Lemon Chicken Orzo Soup Chef's Choice Soup Hot Turkey Bowl (Turkey & Gravy over Herb Stuffing w/ Cranberry Sauce) Tuna Salad Hoagie (Tuna salad on a long roll, Lettuce, Tomato, & Onion) Milk Chocolate Mousse	Supper Butternut Squash Soup* Chef's Choice Soup* Cowboy Burger (BBQ sauce, Lettuce, Tomato, & Frizzled Onions on a bun) Cobb Salad Platter* (Diced Chicken, Cucumbers, Tomatoes, Bacon with Bleu Cheese Dressing) Vanilla Yogurt w/ Mixed Fruit Cocktail	Supper Italian Wedding Soup* Chef's Choice Soup Ham & Potato au Gratin Casserole Deli Roast Beef & Swiss on a club roll w/ Horseradish Mayo Rice Pudding	Supper Mushroom Barley Soup Chef's Choice Soup* Grilled Cheese on Wheat with Tomato Cheese & Bacon Omelet w/ Toast of Choice Lemon Bars	Supper Tortellini & Sausage Soup Chef's Choice Soup Italian Sausage Griller on a long roll w/ sautéed peppers, onions, & marinara Egg Salad Sandwich on White Toast with Local Sliced Tomato Chef's Choice Dessert Waffle	Supper Shrimp Bisque Chef's Choice Soup* Personal Pizzas (Cheese or Pepperoni) Grilled Chicken Caesar Salad (Romaine lettuce, parmesan cheese, croutons, & Hard-boiled egg with Caesar dressing) Tapioca Pudding

All items with * are the best choice for Carb Control diets
(w3)

Pickles & potato chips are always available with supper menu items

For alternate meal choices, please see your server

THE WILLOWS DINING SERVICE WEEKLY MENU Week of January 9

Sunday 09	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
<p style="text-align: center;">Dinner</p> <p>Breaded Pork Cutlet with Mushroom Sauce* Baked Yam Creamed Spinach</p> <p style="text-align: center;">Baked Cod Wild Rice Blend Green Peas*</p> <p style="text-align: center;">Tossed Salad</p> <p>Baked apples w/ Streusel Topping</p>	<p style="text-align: center;">Dinner</p> <p>Savory Beef Stew served over Egg Noodles* Buttermilk Biscuit</p> <p style="text-align: center;">Roasted Chicken Drumsticks Whipped Potatoes Harvard Beets</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Chef's Choice Dessert</p>	<p style="text-align: center;">Dinner</p> <p>Turkey Cutlet w/Cranberry Glaze Whipped Potatoes Cut Green Beans</p> <p style="text-align: center;">Southern Fried Catfish Macaroni & Cheese Stewed Tomatoes</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Cinnamon Raisin Bread Pudding</p>	<p style="text-align: center;">Dinner</p> <p>Cheese Ravioli w/ Marinara Garlic Bread Sugar Snap Peas</p> <p style="text-align: center;">Ham Steak with Pineapple Sauce Rice Pilaf Sliced Carrots</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Mixed Berry Cobbler</p>	<p style="text-align: center;">Dinner</p> <p>Stuffed Cabbage Roll Mixed Vegetables Whipped Potatoes</p> <p style="text-align: center;">Pan Fried Rosemary Garlic Chicken Breast Polenta with Parmesan Steamed Cauliflower</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Coconut Custard Pie</p>	<p style="text-align: center;">Dinner</p> <p>Homemade Crab cake Tartar Sauce Mashed Potatoes Broccoli Florets</p> <p style="text-align: center;">Meat Lasagna with Tomato Sauce Garlic Bread Spaghetti Squash</p> <p style="text-align: center;">Caesar Salad</p> <p style="text-align: center;">Cannoli Cream Cake</p>	<p style="text-align: center;">Dinner</p> <p>Roasted Turkey Breast With Gravy Herb Bread Stuffing Creamed Corn</p> <p style="text-align: center;">Smoked Kielbasa Whipped Potatoes with Horseradish Braised Red Cabbage</p> <p style="text-align: center;">Tossed Salad</p> <p>Vanilla Custard w/ Warm Cranberry Apple Chutney</p>
<p style="text-align: center;">Supper</p> <p>Carrot Ginger Soup Chef's Choice Soup*</p> <p style="text-align: center;">Meatball Sub Grinder topped with Provolone Cheese & Marinara</p> <p>Ring Bologna & Pickled Egg Platter (Ring Bologna, pickled eggs, Cheddar Cheese cubes, & Crackers)</p> <p style="text-align: center;">Lemon Cream Cake</p>	<p style="text-align: center;">Supper</p> <p>Beef Barley Soup* Chef's Choice Soup</p> <p style="text-align: center;">Tuna Noodle Casserole (Tuna, mushroom cream sauce, egg noodles, and green peas)</p> <p style="text-align: center;">Liverwurst & Onion on Rye Bread</p> <p style="text-align: center;">Ice Cream Novelty</p>	<p style="text-align: center;">Supper</p> <p>Lentil Soup* Chef's Choice Soup</p> <p style="text-align: center;">Ham & Cheddar Omelets w/ Toast</p> <p style="text-align: center;">Trio Salad Platter* (Egg, Chicken, and Tuna Salad on Bed of Local Lettuce with Sliced Tomato)</p> <p style="text-align: center;">Warm Spiced Pears</p>	<p style="text-align: center;">Supper</p> <p>Split Pea & Ham Soup* Chef's Choice Soup</p> <p style="text-align: center;">Honey Mustard Dipped Chicken Sandwich on a bun (local lettuce & tomato)</p> <p style="text-align: center;">Bacon & Blue Cheese Quiche (Bacon, blue cheese crumbles, caramelized onions, & mushrooms)</p> <p style="text-align: center;">Pumpkin & Cream Cupcake</p>	<p style="text-align: center;">Supper</p> <p>Minestrone Soup* Chef's Choice Soup</p> <p style="text-align: center;">Pizza Burger (Pepperoni, Mozzarella, & Marinara)</p> <p style="text-align: center;">Seafood Salad Sandwich on Wheat Bread* With Lettuce & Tomato</p> <p style="text-align: center;">Banana Pudding with Vanilla Wafers</p>	<p style="text-align: center;">Supper</p> <p>Homemade Tomato Soup* Chef's Choice Soup*</p> <p style="text-align: center;">Grilled Cheese on White Bread</p> <p style="text-align: center;">Ranch Chicken BLT Salad (chicken, bacon, tomatoes, and ranch dressing mixed and served on lettuce)</p> <p style="text-align: center;">Chocolate Eclair</p>	<p style="text-align: center;">Supper</p> <p>French Onion Soup* Chef's Choice Soup</p> <p style="text-align: center;">Popcorn Chicken Bites (Honey Mustard or BBQ dipping Sauces)</p> <p style="text-align: center;">Ham & Cheese on Rye bread w/ lettuce & tomato</p> <p style="text-align: center;">Big Chocolate Chip Cookie</p>

All items with * are the best choice for Carb Control diets (w4)

Pickles & potato chips are always available with supper menu items

For alternate meal choices, please see your server

THE WILLOWS DINING SERVICE WEEKLY MENU Week of January 16

Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
<p style="text-align: center;">Dinner</p> <p style="text-align: center;">Baked Ham with Apple Raisin Sauce Whipped Potatoes Braised Green Cabbage*</p> <p style="text-align: center;">Baked Flounder* Macaroni & Cheese Stewed Tomatoes*</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Pumpkin Bars</p>	<p style="text-align: center;">Dinner</p> <p style="text-align: center;">Turkey Goulash (ground turkey, noodles, veggies in a tomato- based sauce) Mixed Vegetables</p> <p style="text-align: center;">Beef Curry Steamed White Rice Teriyaki Broccoli</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Peanut Butter Pie</p>	<p style="text-align: center;">Dinner</p> <p style="text-align: center;">Baked Chicken Leg Mashed Potatoes Buttered Beets</p> <p style="text-align: center;">Apple Cider Pork Chops Cinnamon Apples Baked Sweet Potato</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Caramel Pear Upside Down Cake</p>	<p style="text-align: center;">Dinner</p> <p style="text-align: center;">Italian Spaghetti and Meatballs Garlic Bread Zucchini w/ Roasted Red Peppers</p> <p style="text-align: center;">Honey & Soy Glazed Salmon Wild Rice Pilaf Peas & Carrots</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Fruit-filled Oatmeal Bars</p>	<p style="text-align: center;">Dinner</p> <p style="text-align: center;">Salisbury Steak w/ mushrooms, onions & gravy Buttered Egg Noodles Roasted Brussel Sprouts</p> <p style="text-align: center;">Chicken & Rice Casserole Lima Beans</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Apple Dapple Cake</p>	<p style="text-align: center;">Dinner</p> <p style="text-align: center;">Lemon Pepper Flounder Baked Potato Sautéed Yellow Squash</p> <p style="text-align: center;">Spinach & Ricotta Pasta Bake w/ Roasted Cherry Tomatoes Garlic Bread</p> <p style="text-align: center;">Caesar Salad</p> <p style="text-align: center;">Pumpkin Pie</p>	<p style="text-align: center;"><u>Christmas Dinner</u></p> <p style="text-align: center;">Beef Pot Roast w/gravy Roasted Carrots, Celery & Onions Whipped Potatoes Roasted Butternut Squash</p> <p style="text-align: center;">Spiced Cider Ham Candied Yams Green Beans</p> <p style="text-align: center;">Eggnog Custard Pie</p> <p style="text-align: center;">Gingerbread Cake</p>
<p style="text-align: center;">Supper</p> <p style="text-align: center;">Turkey Rice Soup* Chef's Choice Soup</p> <p style="text-align: center;">Beef-a-Roni Casserole (Ground Beef & Macaroni in a Marinara Sauce)</p> <p style="text-align: center;">Cottage Cheese & Fresh Fruit Platter* With Sherbet</p> <p style="text-align: center;">Gelatin Parfait w/ Whipped Topping</p>	<p style="text-align: center;">Supper</p> <p style="text-align: center;">Ham & Navy Bean Soup* Chef's Choice Soup</p> <p style="text-align: center;">Philly Style Beef Cheesesteak on Long Roll with Cheese & Marinara</p> <p style="text-align: center;">Tuna Salad on Wheat Bread (Local Lettuce & Tomato)</p> <p style="text-align: center;">Chocolate Chip Blondie Brownie</p>	<p style="text-align: center;">Supper</p> <p style="text-align: center;">New England Clam Chowder* Chef's Choice Soup</p> <p style="text-align: center;">Blueberries & Cream French Toast Casserole</p> <p style="text-align: center;">Bologna & Cheese Sandwich on White Bread</p> <p style="text-align: center;">Mandarin Orange Fluff Dessert</p>	<p style="text-align: center;">Supper</p> <p style="text-align: center;">Broccoli & Cheese Soup Chef's Choice Soup*</p> <p style="text-align: center;">Loaded Potato & Chicken Casserole</p> <p style="text-align: center;">Cranberry Chicken Salad Platter Local Lettuce & Tomato</p> <p style="text-align: center;">Butterscotch Pudding</p>	<p style="text-align: center;">Supper</p> <p style="text-align: center;">Chicken Mulligatawny* Chef's Choice Soup</p> <p style="text-align: center;">Hot Dog & Baked Beans</p> <p style="text-align: center;">Egg Salad Sandwich w/Local Lettuce & Tomato on White Bread</p> <p style="text-align: center;">Cherry Cheesecake Cups</p>	<p style="text-align: center;">Supper</p> <p style="text-align: center;">Stuffed Pepper Soup Chef's Choice Soup*</p> <p style="text-align: center;">Fish & Chips Basket (Batter Dipped Cod & French Fries)</p> <p style="text-align: center;">Pesto Chicken Wrap (Grilled Chicken, Basil, Pesto, Tomatoes & Lettuce)</p> <p style="text-align: center;">Chef's Choice Dessert</p>	<p style="text-align: center;">Supper</p> <p style="text-align: center;">Chicken Noodle* Chef's Choice Soup</p> <p style="text-align: center;">Roast Beef & Cheese Sandwich on White</p> <p style="text-align: center;">Ham & Cheese Sandwich on Wheat</p> <p style="text-align: center;">Ice Cream Novelty</p>

All items with * are the best choice for Carb Control diets
(w 1)

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For alternate meal choices, please see your server

THE WILLOWS DINING SERVICE WEEKLY MENU Week of January 23

Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
<p style="text-align: center;">Dinner</p> <p>Beef Stroganoff Casserole* Parslied Egg Noodles String Beans</p> <p>Breast of Chicken Cordon Bleu Supreme Sauce Whipped Potato Buttered Spinach</p> <p>Tossed Salad</p> <p>Sweet Potato Pie</p>	<p style="text-align: center;">Dinner</p> <p>BBQ Shake and Bake Pork Chop Franconia Potatoes Cauliflower & Broccoli Medley</p> <p>Breaded Flounder Macaroni & Cheese Stewed Tomatoes*</p> <p>Tossed Salad</p> <p>Cream Filled Doughnut</p>	<p style="text-align: center;">Dinner</p> <p>Chicken Marsala* Butternut Squash Whipped Potatoes</p> <p>Pineapple Glazed Ham Slices Scalloped Potatoes Green Peas</p> <p>Tossed Salad</p> <p>Jewish Apple Cake</p>	<p style="text-align: center;">Dinner</p> <p>Savory Beef Goulash* Roasted Brussel Sprouts Bowtie Pasta</p> <p>Cheese Manicotti In Spaghetti Sauce Green Beans Garlic Bread</p> <p>Caesar Salad</p> <p>Carmel Coffee Pudding Pie</p>	<p style="text-align: center;">Dinner</p> <p>Baked Rosemary Garlic Chicken Leg Broiled Half Tomato Whipped Potatoes</p> <p>Pork Oven Roast Broccoli & Cheese Sauce Roasted Red Bliss Potatoes</p> <p>Tossed Salad</p> <p>Pumpkin Spice Cream Puff</p>	<p style="text-align: center;">Dinner</p> <p>Apricot Glazed Chicken Breast* Creamed Corn* Wild Rice Blend</p> <p>Citrus Poached Mahi Mahi Fillet Whipped Potatoes Roasted Root Vegetable Medley</p> <p>Tossed Salad</p> <p>Boston Cream Pie</p>	<p style="text-align: center;">Dinner</p>
<p style="text-align: center;">Supper</p> <p>Chicken and Dumpling Soup Chef's Choice Soup*</p> <p>Chef Salad Platter with Strips of Ham, Turkey, & Swiss Cheese, Tomatoes & Cucumbers and ½ Hard Cooked Egg</p> <p>Beef Frank on Hotdog Bun with Sauerkraut Baked Beans</p> <p>Vanilla Frosted Banana Cake</p>	<p style="text-align: center;">Supper</p> <p>Cream of Mushroom Chef's Choice Soup*</p> <p>Tuna Salad Melt* On English Muffin Potato Chips</p> <p>American Hoagie Ham, Bologna and American Cheese on Long Roll</p> <p>Peanut Butter Tandy Cake Bar</p>	<p style="text-align: center;">Supper</p> <p>New England Clam Chowder Chef's Choice Soup*</p> <p>Steakhouse Ground Turkey Chili Bowl topped with Cheddar Cheese Homemade Cornbread</p> <p>Egg Salad Sandwich with Local Lettuce & Tomato Potato Chips</p> <p>Dipped Ice Cream Cone</p>	<p style="text-align: center;">Supper</p> <p>Beef Barley Soup* Chef's Choice Soup</p> <p>Pretzel Dogs in a Blanket Warm Cheddar Cheese</p> <p>Chicken Salad Platter With Sliced Seasonal Local Apples & Red Seedless Grapes Soft Roll</p> <p>Oreo Ice Box Refrigerator Treat</p>	<p style="text-align: center;">Supper</p> <p>Bacon Corn Chowder Chef's Choice Soup</p> <p>Texas Toast Beef Burger Patty Melt with Grilled Onions and Melted Swiss Cheese Side of Cole Slaw</p> <p>Sausage & Cheese Omelet with & Toast</p> <p>Chocolate Dipped Waffle with Candy Cane Crunch</p>	<p style="text-align: center;">Supper</p> <p>Tomato Soup* Chef's Choice Soup</p> <p>Grilled Cheese Sandwich on White Bread Potato Chips</p> <p>Turkey Pastrami Special on Rye Bread with Russian Dressing Pickle Spear</p> <p>Tapioca Pudding</p>	<p style="text-align: center;">Supper</p>

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(w 2)

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