

JANUARY MENU / MENU ENERO

| <i>WEEK 8-12</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------|---|---|---|--|---|
| <i>Main Meal</i> | <i>Chicken Teriyaki Coconut Thai Rice Oriental Quinoa Salad</i> | <i>Beef Stew with Carrots and Green Beans Fiesta Rice with Broccoli and Carrots Original Coleslaw</i> | <i>Rigatoni Pasta with Carbonara Sauce (w/wo Bacon) Breadsticks with Marinara Sauce Cesar Salad</i> | <i>Caribbean Style Rice and Chicken with Veggies Black Beans Green Salad</i> | <i>Friday's Burrito Bar Premium Ground Beef Assorted Veggies Red Beans Nachos 'N Cheese</i> |
| <i>Vegetarian</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> |
| <i>Dessert</i> | <i>Oatmeal Cookies</i> | <i>Fresh Fruit Cuts</i> | <i>Orange wedges</i> | <i>Dessert</i> | <i>Fruit Salad</i> |

JANUARY MENU / MENU ENERO

| <i>WEEK 15-19</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------|--|---|---|---|---|
| <i>Main Meal</i> | <i>Baked Macaroni Casserole with Veggies and Marinara Sauce Garden Salad House Bread Rolls</i> | <i>Herb Marinated Oven Roasted Chicken Lentil Rice with Veggies Tomato - Cucumber Salad</i> | <i>Asian Style Beef Broccoli Thai Noodles with Carrots and Zucchini Lime White Rice</i> | <i>Chicken Spinach Lasagna with House Bechamel Sauce Focaccia Italian Salad</i> | <i>Light Curry Fish or Chicken with Carrots Turmeric - Yellow Rice String Cabbage and Carrots with Orange Citrus Dressing</i> |
| <i>Vegetarian</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> |
| <i>Dessert</i> | <i>Fresh Fruit Cuts</i> | <i>Dessert</i> | <i>Dessert</i> | <i>Seasonal Fruit Cuts</i> | <i>Dessert</i> |

JANUARY MENU / MENU ENERO

| <i>WEEK 22-26</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------|---|--|---|--|---|
| <i>Main Meal</i> | <i>Chicken Fetuccine Alfredo House Bread Rolls Veggie Salad</i> | <i>Balsamic Pot Roast Beef with Carrots Mediterranean Rice with Couscous Mixed Salad</i> | <i>BBQ Chicken Breast Baked Cheesy Potatoes Cauliflower and Carrots Salad with Home Citrus Dressing</i> | <i>Italian Thursday featuring House Pesto and Marinara Sauces served over Bowtie Pasta Whole Wheat and Honey Bread Green Salad</i> | <i>Tex Mex Beef Fajitas served with Sauteed Veggies, Flour or Corn Tortillas, and Pico de Gallo Salad</i> |
| <i>Vegetarian</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> |
| <i>Dessert</i> | <i>Fresh Fruit Cuts</i> | <i>Dessert</i> | <i>Dessert</i> | <i>Fruit Salad</i> | <i>Dessert</i> |

JANUARY MENU / MENU ENERO

| <i>WEEK 29-31</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------|---|--|--|--------------------------|--------------------------|
| <i>Main Meal</i> | <i>Asian Style Sweet and Sour Chicken Breast Fried Rice with Broccoli Mixed Veggies Salad</i> | <i>Spaguetti with choice of Marinara or Bolognese (Meat) Sauces Fresh Baked Bread Garden Salad</i> | <i>Spanish Style Paella Rice with Fish and Vegetables (No Shellfish) House Rolls Mixed Salad</i> | <i>FEBRUARY MENU</i> | <i>FEBRUARY MENU</i> |
| <i>Vegetarian</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | | |
| <i>Dessert</i> | <i>Dessert</i> | <i>Fresh Fruit Cuts</i> | <i>Dessert</i> | | |

FEBRUARY MENU / MENU FEBRERO

| <i>WEEK 01-02</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------|----------------|----------------|------------------|---|---|
| <i>Main Meal</i> | <i>JANUARY</i> | <i>JANUARY</i> | <i>JANUARY</i> | <i>Beef Strips and Broccoli White Rice Tropical Salad</i> | <i>BBQ Chicken Tenders with Baked Fries Mini Assorted Pizzas Carrots and Orange Salad</i> |
| <i>Vegetarian</i> | | | | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> |
| <i>Dessert</i> | | | | <i>Dessert</i> | <i>Fruit Salad</i> |

FEBRUARY MENU / MENU FEBRERO

| <i>WEEK 05-09</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------|---|--|---|--|---|
| <i>Main Meal</i> | <i>Baked Ziti with Ragu Sauce and Mozzarella/Parmesan Cheese Or With Marinara and No Cheese Green Salad Garlic Bread Roll</i> | <i>Granny's slow cooked Chicken Stew White Rice Mixed Vegetables Salad</i> | <i>Light Battered Fish Fillets served with House Baked Potato Chips Tartar Sauce Red Beans Casserole Carrot Salad</i> | <i>Ropa Vieja Cuban Style Shredded Beef Black Beans White Rice Mixed Salad</i> | <i>Pasta Station featuring Fresh Marinara Or Bolognese Sauce Penne Pasta Parmesan Breadsticks Tomato-Cucumber Salad</i> |
| <i>Vegetarian</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> | <i>Vegetarian dish available every day</i> |
| <i>Dessert</i> | <i>Fruit Salad</i> | <i>Dessert</i> | <i>Fruit Jello</i> | <i>Dessert</i> | <i>Fruit Salad</i> |

FEBRUARY MENU / MENU FEBRERO

| WEEK 12-16 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|--|--|--|---|
| Main Meal | Special Chicken Fried Rice with Vegetables Oriental Veggies Sweet & Sour Salad | Roasted Eye Round Beef with Brown Sauce House Mashed Potatoes Green Salad | Italian Lasagna with Marinara, Bechamel Sauce , Roasted Zucchini, Carrots and Spinach Tomato Focaccia Italian Salad | Oven Roasted BBQ Chicken Fiesta Rice Baked Red Beans Garden Salad | Premium Ground Beef Hamburger Sliders Baked Fries Coleslaw |
| Vegetarian | Vegetarian dish available every day | Vegetarian dish available every day | Vegetarian dish available every day | Vegetarian dish available every day | Vegetarian dish available every day |
| Dessert | Special Dessert | Fresh Fruit Cuts | Orange Pudding | Fruit Salad | Low Sugar Brownies |

FEBRUARY MENU / MENU FEBRERO

| WEEK 19-23 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-----------------|--|---|--|---|
| Main Meal | CRIA HOLIDAY | Beef Italian Lasagna House Baguette Cesar Salad | Baked Chicken with Chimichurri Salsa Pinto Rice Tropical Salad | Sweet & Sour Pork Or Chicken with Carrots White Rice Mixed Salad | House Fresh Made Marinara, Alfredo Or Pesto Sauce over Al Dente Spaguetti Tomato Focaccia Green Salad |
| Vegetarian | | Vegetarian dish available every day | Vegetarian dish available every day | Vegetarian dish available every day | Vegetarian dish available every day |
| Dessert | | Fresh Fruit Cuts | Dessert | Dessert | Fruit Salad |

FEBRUARY MENU / MENU FEBRERO

| <i>WEEK 26-29</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------|---|---|---|--|-------------------|
| <i>Main Meal</i> | <i>Pop Corn</i> <i>Chicken</i> <i>BBQ Or Honey</i> <i>Mustard</i> <i>Aioli Linguine</i> <i>Garlic Bread</i> <i>Garden Salad</i> | <i>Traditional Beef</i> <i>Stew with</i> <i>Potatoes and</i> <i>Carrots</i> <i>Turmeric Yellow</i> <i>Rice</i> <i>Fresh Coleslw</i> | <i>Skipper's Choice</i> <i>Fish Fingers or</i> <i>Chicken Tenders</i> <i>BBQ-Ketchup-</i> <i>Honey Mustard</i> <i>Garlic Mashed</i> <i>Potatoes</i> <i>Green Salad</i> | <i>Marinated</i> <i>Roasted Lemon</i> <i>Rosemary</i> <i>Chicken</i> <i>Mexican Rice</i> <i>Mixed Salad</i> | <i>MARCH MENU</i> |
| <i>Vegetarian</i> | <i>Vegetarian dish</i> <i>available</i> <i>every day</i> | <i>Vegetarian dish</i> <i>available</i> <i>every day</i> | <i>Vegetarian dish</i> <i>available</i> <i>every day</i> | <i>Vegetarian dish</i> <i>available</i> <i>every day</i> | |
| <i>Dessert</i> | <i>Fresh Fruit</i> | <i>Dessert</i> | <i>Fruit Salad</i> | <i>Dessert</i> | |