

# UCDC Luncheon Menu Cycle

(Revised December 2014)

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	<b>Roast Turkey <u>w/gravy on the side</u></b> Whole wheat dinner roll Sweet potato wedges California Blend Milk *Veggie baked chicken patty w/ gravy on side	<b>Hamburger</b> on wh.wheat bun, Am. Cheese on the side Baked beans Carrots Milk *Black bean burger on whole wheat bun / soy cheese on side	<b>Ham &amp; Cheese on whole wheat                      bun</b> Tomato soup Sliced apples      Milk (carrots for infants) *Garden burger on wh.wheat bun /soy cheese on the side	<b>Chili w/ ground turkey</b> Whole wheat dinner roll Peas & carrots Banana Milk *Vegetarian Chili
<b>Tuesday</b>	<b>Baked Ziti w/Meat Sauce</b> Tossed salad w/ lettuce , tomatoes &cucumbers Butternut squash Milk *Ziti w/marinara sauce & veggie crumble	<b>Turkey Pinwheels (with turkey                      &amp; spinach)</b> Carrot & chickpea soup Snap Peas      Fresh Melon Salad (applesauce for infants) Milk *Vegan pinwheels (w/ soy cheese and spinach)	<b>Black Bean Lasagna Casserole</b> Honeydew slices Butternut Squash,      Milk *Vegan black bean lasagna casserole w/soy cheese, w/out ricotta	<b>Fish Sticks</b> Brown rice w/beans Zucchini sauté Applesauce Milk *Veggie Nuggets
<b>Wednesday</b>	<b>Taco Burger w/ ground turkey</b> on wh wheat bun / sliced cheddar cheese on side Tomato soup Peas & Carrots Milk *Malibu Burger – soy cheese on the side	<b>Chicken Parmesan</b> Orzo w/spinach Green beans Tomato & Cucumber Salad Milk *veggie baked chicken patty with sauce & soy cheese	<b>Chicken Soft Burrito</b> Brown rice w/ beans Peas Applesauce Milk *Vegan soft burrito w/ veggie crumble	<b>Cheese Ravioli w/ meat sauce</b> Broccoli Tossed salad w/ lettuce, tomatoes & cukes,      Milk (peas for infants) *Butternut squash ravioli w/plain sauce & veggie crumble
<b>Thursday</b>	<b>Chicken-Broccoli-Rice Casserole</b> (with Brown rice) Green beans Orange slices Milk *vegetarian- broccoli – rice casserole w/tofu	<b>Vegetable Paella w/ Brown</b> Rice, Beans, peas, carrots, diced tomatoes, diced onions. Banana, Broccoli,      Milk (Vegetarian meal for all)	<b>Cheese Pizza</b> on whole wheat crust Salad w/ fresh spinach, tomatoes & cucumbers Carrots Milk *Vegan pizza w/soy cheese	<b>Chicken Nuggets</b> Vegetarian Navy Bean Soup Corn meal muffin Honeydew slices Milk *Veggie Nuggets
<b>Friday</b>	<b>Cheese Pizza on whole wheat                      crust</b> Broccoli Cantaloupe slices (carrots for infants) Milk *Vegan pizza w/soy cheese	<b>Breaded Chicken Tenders</b> Corn meal muffin Sweet potato wedges Peas Milk *Veggie baked chicken patty	<b>Turkey Meatloaf</b> ( gravy on side) Couscous Green beans Succotash      Milk (green beans for infants) *Veggie baked chicken patty w/gravy on side	<b>Pierogies</b> Diced ham on the side Green beans Orange slices Milk *Vegan potato & onion pierogies, tofurky

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**Week 1**

**Week 2**

**Week 3**

**Week 4**

	<p><b>Hamburger</b> on wh.wheat bun, Am. Cheese on the side Baked beans Carrots Milk <i>*Black bean burger on whole wheat bun / soy cheese on side</i></p>			
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