

New Vista Cafeteria Menu - Week 3

	Jan 29 Sunday	Jan 30 Monday	Jan 31 Tuesday	Feb 1 Wednesday	Feb 2 Thursday	Feb 3 Friday	Feb 4 Saturday
Soup Lunch	Cream of Chicken Cabbage Soup	Cream of Tomato Vegetable Beef Soup	Cream of Mushroom Navy Bean Soup	Creamy Dill Carrot Chicken Noodle	Chicken Rice Cream of Cauliflower Soup	Cream of Celery Soup French Onion	Tomato Macaroni – Vegetarian Potato & Leek
Hot Foods Lunch	Macaroni & Cheese Stewed Tomatoes Pork with Mushroom Sauce Potato Wedges Mixed Vegetables	Beef Dip / au jus Roast Beef/ Gravy Mashed Potato Mashed Carrots and Turnip Hot Dog Fried Onions French Fries	Meatballs/ Gravy Boiled Potatoes Peas Cod Nuggets Tartar Sauce/ Lemon Wedge Mixed Vegetables French Fries	Cheese Strata Zucchini Baked Ham Honey Mustard Sauce Scalloped Potatoes Green Beans	Shepherd's Pie Sliced Beets Gravy Chili / Cheddar Cheese Carrots French Fries	Chicken Teriyaki Rice Oriental Mixed Vegetables/soy sauce Vegetable Lasagna Fish & Chips Tartar Sauce/ Lemon Wedge French Fries	Vegetable Lasagna Garlic Bread Grilled Cheese Sandwich Mixed Vegetables
Sandwich Feature Salad Entree	Krab Salad Sandwich/ Carrots Cheese & Tomato Sandwich/ Pickles Chef's Salad Bowl Tossed Side Salad	Cheese & Tomato Sandwich/ Pickles Egg Salad Sandwich/Carrots Caesar Salad Bowl w/ Shrimp Caesar Side Salad Potato Salad	Shrimp Sandwich/ Pickles Ham & Tomato Sandwich/Carrots Greek Salad Bowl Greek Side Salad Carrot & Raisin Salad	Chicken Salad Sandwich/Pickle Cheese & Tomato Sand. /Carrots BLT & Cheese Salad Bowl Tossed Side Salad	Egg Salad Sandwich/ Pickles Cottage Cheese & Fruit Plate Spinach Salad Bowl Spinach Side Salad	Smoked Chicken Sandwich/Carrots Cheese & Tomato Sandwich /Pickles Chef Salad Bowl Coleslaw Veggies/Dip	Ham & Tomato Sandwich/ Carrots Caesar Salad Bowl with Shrimp Caesar Side Salad 3 Bean Salad
Dessert	Banana Cake	Baked Custard	Cheese Cake/ Strawberries	Apple Pie	Rice Pudding	Carrot Cake	Ambrosia