

# Magic Island Menu

09/27-10/01

10/04-10/08

10/11-10/15

10/18-10/22

MONDAY

CHICKEN STEW  
ROASTED POTATO  
CABBAGE SALAD  
GRAVY SAUCE  
CHICKEN NOODLE SOUP

MEATLOAF  
STEAMED RICE  
BEETS SALAD  
MUSHROOM SAUCE  
CAULIFLOWER SOUP

GRILLED CHICKEN  
MASHED POTATOES  
GARDEN SALAD  
SOUR CREAM SAUCE  
SPLIT PEA SOUP

MEATLOAF  
BUCKWHEAT  
COLESLAW  
MUSHROOM SAUCE  
UKRAINIAN BORSCH

TUESDAY

CHICKEN MEATBALLS  
STEAMED RICE  
CARROT SALAD  
MARINARA SAUCE  
CAULIFLOWER SOUP

CHICKEN  
MEATBALLS  
MASHED POTATO  
PEAS AND CORN  
SALAD  
SOUR CREAM SAUCE  
CHICKEN RICE SOUP

MEATLOAF  
ROTINI PASTA  
STEAMED  
CAULIFLOWER  
MARINARA SAUCE  
BROCCOLI SOUP

GRILLED CHICKEN  
MASHED POTATO  
GARDEN SALAD  
SOUR CREAM SAUCE  
LENTIL SOUP

WEDNESDAY

BEEF STROGANOFF  
BUCKWHEAT  
STEAM CAULIFLOWER  
GRAVY SAUCE  
MINESTRONE SOUP

GRILLED CHICKEN  
BUCKWHEAT  
STEAMED BROCCOLI  
SALAD  
MARINARA SAUCE  
UKRAINIAN BORSCH

CHICKEN STEW  
ROASTED POTATO  
CABBAGE SALAD  
GRAVY SAUCE  
MINESTRONE SOUP

BREADED CHICKEN  
STEAMED RICE  
STEAMED CARROTS  
LEMON-BUTTER SAUCE  
BROCCOLI SOUP

THURSDAY

MEATLOAF  
ROTINI PASTA  
CORN SALAD  
SOUR CREAM SAUCE  
FRESH CABBAGE SOUP

BREADED CHICKEN  
ROTINI PASTA  
GARDEN SALAD  
LEMON-BUTTER SAUCE  
CHICKEN OATMEAL  
SOUP

MEAT BALLS  
BUCKWHEAT  
CARROT SALAD  
MUSHROOM SAUCE  
CHICKEN NOODLE SOUP

BEEF STEW  
ROASTED POTATO  
PEAS AND CORN  
SALAD  
GRAVY SAUCE  
CHICKEN OATMEAL  
SOUP

FRIDAY

GRILLED CHICKEN  
MASHED POTATO  
GARDEN SALAD  
MUSHROOM SAUCE  
SPLIT PEA SOUP

BEEF STEW  
ROASTED POTATO  
COLE SLAW  
GRAVY SAUCE  
LENTIL SOUP

BEEF STROGANOFF  
STEAMED RICE  
CUCUMBER  
GRAVY SAUCE  
FRESH CABBAGE SOUP

CHICKEN MEATBALLS  
ROTINI PASTA  
BEETS SALAD  
MARINARA SAUCE  
CHICKEN RICE SOUP

