

El Ruisenor Menu

09/27-10/01

10/04-10/08

10/11-10/15

10/18-10/22

MONDAY

CHICKEN PILAF
STEAMED RICE
WHOLE WHEAT
BREAD
CABBAGE SALAD
GRAVY SAUCE
CHICKEN NOODLE
SOUP

MEATLOAF
STEAMED RICE
CUCUMBER SALAD
BEETS SALAD
MUSHROOM SAUCE
CAULIFLOWER SOUP

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

MEATLOAF
BUCKWHEAT
COLESLAW
STEAMED BROCCOLI
MUSHROOM SAUCE
UKRAINIAN BORSCH

TUESDAY

CHICKEN MEATBALLS
STEAMED RICE
CARROT SALAD
GREEN PEAS
MARINARA SAUCE
CAULIFLOWER SOUP

CHICKEN MEATBALLS
MASHED POTATO
GREEN PEAS
WHOLE WHEAT BREAD
SOUR CREAM SAUCE
CHICKEN RICE SOUP

MEATLOAF
ROTINI PASTA
CORN SALAD
STEAMED
CAULIFLOWER
MARINARA SAUCE
BROCCOLI SOUP

GRILLED CHICKEN
MASHED POTATO
GARDEN SALAD
WHOLE WHEAT BREAD
SOUR CREAM SAUCE
LENTIL SOUP

WEDNESDAY

BEEF TACOS
BUCKWHEAT
CUCUMBER SALAD
STEAM CAULIFLOWER
GRAVY SAUCE
MINESTRONE SOUP

GRILLED CHICKEN
BUCKWHEAT
CORN SALAD
STEAMED BROCCOLI
SALAD
MARINARA SAUCE
UKRAINIAN BORSCH

CHICKEN PILAF
ROASTED POTATO
CABBAGE SALAD
WHOLE WHEAT
BREAD
GRAVY SAUCE
MINESTRONE
SOUP

FISH CUTLETS
STEAMED RICE
CUCUMBER SALAD
STEAMED CARROTS
LEMON-BUTTER SAUCE
BROCCOLI SOUP

THURSDAY

MEATLOAF
ROTINI PASTA
CORN SALAD
STEAMED CARROTS
SOUR CREAM SAUCE
FRESH CABBAGE SOUP

FISH CUTLETS
ROTINI PASTA
STEAMED CARROTS
GARDEN SALAD
LEMON-BUTTER SAUCE
CHICKEN OATMEAL
SOUP

MEAT BALLS
BUCKWHEAT
CARROT SALAD
STEAMED BROCCOLI
MUSHROOM SAUCE
CHICKEN NOODLE SOUP

BEEF SLIDERS
ROASTED POTATO
GREEN PEAS
WHOLE WHEAT
BREAD
CHICKEN OATMEAL
SOUP

FRIDAY

GRILLED CHICKEN
MASHED POTATO
GARDEN SALAD
WHOLE WHEAT
BREAD
MUSHROOM SAUCE
SPLIT PEA SOUP

BEEF SLIDERS
ROASTED POTATO
COLE SLAW
WHOLE WHEAT BREAD
LENTIL SOUP

BEEF TACOS
STEAMED RICE
GREEN PEAS
CUCUMBER SALAD
GRAVY SAUCE
FRESH CABBAGE SOUP

CHICKEN MEATBALLS
ROTINI PASTA
BEETS SALAD
CORN SALAD
MARINARA SAUCE
CHICKEN RICE SOUP

