

# Blooming Minds Menu

09/27-10/01

10/04-10/08

10/11-10/15

10/18-10/22

MONDAY

CHICKEN STEW  
ROASTED POTATO  
SOUR 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  
PICKLES  
MUSHROOM SAUCE  
UKRAINIAN BORSCH

TUESDAY

CHICKEN  
MEATBALLS  
STEAMED RICE  
PEAS AND CORN  
SALAD  
MARINARA SAUCE  
CAULIFLOWER SOUP

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

FRENCH TOAST AND  
FRUITS  
MEATLOAF  
ROTINI PASTA  
STEAMED  
CAULIFLOWER  
MARINARA SAUCE  
BROCCOLI SOUP

FRENCH TOAST AND  
FRUITS  
GRILLED CHICKEN  
MASHED POTATO  
GARDEN SALAD  
SOUR CREAM SAUCE  
LENTIL SOUP

WEDNESDAY

BREADED FISH  
BUCKWHEAT  
STEAM  
CAULIFLOWER  
GRAVY SAUCE  
MINESTRONE SOUP

GRILLED CHICKEN  
BUCKWHEAT  
STEAMED  
BROCCOLI SALAD  
MARINARA SAUCE  
UKRAINIAN  
BORSCH

CHICKEN STEW  
ROASTED POTATO  
SOUR CABBAGE  
SALAD  
GRAVY SAUCE  
MINESTRONE SOUP

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

THURSDAY

MEATLOAF  
ROTINI PASTA  
STEAMED CARROTS  
SOUR CREAM SAUCE  
FRESH CABBAGE  
SOUP

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

MEAT BALLS  
BUCKWHEAT  
STEAMED BROCCOLI  
MUSHROOM SAUCE  
CHICKEN NOODLE SOUP

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

FRIDAY

CHEESE CASSEROLE  
GRILLED CHICKEN  
MASHED POTATO  
GARDEN SALAD  
MUSHROOM SAUCE  
SPLIT PEA SOUP

EGG OMELETE  
BEEF STEW  
ROASTED POTATO  
PICKLES  
GRAVY SAUCE  
LENTIL SOUP

BREADED FISH  
STEAMED RICE  
PEAS AND CORN  
SALAD  
GRAVY SAUCE  
FRESH CABBAGE SOUP

EGG OMELETTE  
CHICKEN MEATBALLS  
WHOLE GRAIN  
ROTINI PASTA  
BEETS SALAD  
MARINARA SAUCE  
CHICKEN RICE SOUP

