

L'EXPRESS		Menu for week of January 1		
Monday Jan 1	Tuesday Jan 2	Wednesday Jan 3	Thursday Jan 4	Friday Jan 5
SOUPS				
C	Winter Squash Soup	Cream of Mushroom	Curried Pumpkin Soup	Clam Chowder
L	Italian Wedding Soup	Thai Chicken Noodle	Potato, Sausage & Bean Soup	Borscht
ENTREES				
O	Shepherd's Pie	Beef Stroganoff	Macaroni & Cheese with Garlic Toast	Perogies & Garlic Sausage with Sour Cream
S	with Garden Salad	with Egg Noodles		and Cabbage Rolls
QUICHE				
E	Spinach & Feta Quiche with Garden Salad	Broccoli & Cheddar Quiche with Green Salad	Corn & Fresh Tomato Quiche with Garden Salad	Sundried Tomato & Artichoke Quiche with Garden Salad
PASTA				
D	Rotini with Chicken Pesto Sauce	Vegetable Fusilli with Seafood Alfredo Sauce	Rotini with Italian Sausage Sauce	Penne with Italian Meat Sauce
DINNER				

L'EXPRESS		Menu for week of January 8		
Monday Jan 8	Tuesday Jan 9	Wednesday Jan 10	Thursday Jan 11	Friday Jan 12
SOUPS				
Cauliflower with Cheese	Coconut Chicken	Cream of Mushroom	Curried Pumpkin Soup	Clam Chowder
Creole White Bean Soup	Lentil With Lemon Soup	Green Pea Soup with Ham	Hot & Sour Soup	Red Lentil with Chicken
ENTREES				
Chicken & Sausage Gumbo Creole	Honey Glazed Chicken Leg with	Beef Stew with Dinner Roll	Chicken Pot Pie	Pulled Pork On Fresh Onion Bun with
Dirty Rice & Greens	Roasted Carrot and Couscous		with Biscuit	Sweet Potato Wedges & Cole Slaw
QUICHE				
Spinach & Feta Quiche with Garden Salad	Zucchini & Red Onion Quiche with Garden Salad	Broccoli & Cheddar Quiche with Green Salad	Corn & Fresh Tomato Quiche with Garden Salad	Sundried Tomato & Artichoke Quiche with Garden Salad
PASTA				
Penne with Italian Meatball Sauce	Rotini with Chicken Pesto Sauce	Rotini with Italian Sausage Sauce	Rotini with Italian Sausage Sauce	Penne with Italian Meat Sauce
DINNER				
Beef Dip	Baked Ham with Scalloped Potatoes	Perogies with Garlic Sausage	Fish Wrap with Tomato Salsa	
with Roasted Potatoes & Garden Salad	and Broccoli		on Green Salad	