

**Lakeview Health Menu Week 1**

Day	Date	Lunch	Dinner
Mon	11-Jan	Smoked Brisket Baked Beans Mixed Vegetables	Roasted Chicken Wild Rice Pilaf, Steamed Carrots
Tue	12-Jan	Hard or Soft Tacos Seasoned Chicken, Beef, Fish Yellow Rice, Refried Beans, Cilantro Lime Slaw	3 Cheese Grilled Cheese Smokey Tomato Soup
Wed	13-Jan	Beef Gyro Power Bowl Quinoa, Garbanzo Bean, Kale, Edamame, Tzatziki Sauce, Feta, Tomato, Onion	Grilled Chicken Parm Whole Wheat Pasta, Red Sauce, Breadsticks Roasted Broccoli
Thu	14-Jan	Blackened Chicken Sandwich Mango Salsa, Sweet Potato Wedges Sautéed Snap Peas	Pork Loin Roasted Potato Wedges, Grilled Asparagus Maple Glaze
Fri	15-Jan	Burger and Hotdogs Kale Salad, Sautéed Mushrooms, Caramelized Onions,	Baked Salmon Lentil Pilaf, Roasted Broccoli
Sat	16-Jan	Sweet and Sour Chicken White Rice Stir Fry Veg	Prime Rib Roasted Brussel Sprouts, Baked Potato
Sun	17-Jan	Pizza Pepperoni, Veggie, Cheese, Meatlovers, Specialty and Buffalo Cauliflower	Shrimp and Grits Smoked Gouda Grits, Shrimp, Andouille Sausage and Greens

**Lakeview Health Menu Week 2**

Day	Date	Lunch	Dinner
Mon	18-Jan	Sliced Ribeye Hoagie Five Cheese, Onions, Peppers Roasted Garlic Potatoes	BBQ Chicken Farro, Succotash
Tue	19-Jan	Fajitas Grilled Steak, Chicken, Shrimp, Cilantro Rice, Sautéed Onions and Peppers, Beans	Pork Tenderloin Grilled Asparagus Scalloped Potato
Wed	20-Jan	Sweet Chili Shrimp Power Bowl Avacado, 5 grain Snap Peas, Peppers, Kale	Baked Penne Bolognese Marinara, Ground Beef, Topped with Cheese Sautéed Green Beans
Thu	21-Jan	Tuscan Chicken Sandwich Italian Roasted Vegetables Capresse Salad	Oven Fried Chicken Mac and Cheese, Greens, and Cornbread
Fri	22-Jan	Smoked Wings Sautéed Kale and Artichokes Cheesy Potato Skins and Bacon	New Orleans Style Gumbo Shrimp, Andouille, Rice and Vegetables
Sat	23-Jan	Buffalo Chicken Wraps Blue Cheese Apple Slaw, Fries	Meatloaf Mashed Potatoes and Gravy Peas and Onions
Sun	24-Jan	Homemade Chili and Corn Bread Vegetables	Brasied Short Rib Roasted Diced Sweet Potatoes, Garlic Broccoli

**Lakeview Health Menu Week 3**

Day	Date	Lunch	Dinner
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<b>Mon</b>	<b>25-Jan</b>	BBQ Pulled Pork Baked Potato Casserole, Carmelized Pearl Onions and Green Beans	Jerk Chicken Sauteed Cabbage Rice and Black Beans
<b>Tue</b>	<b>26-Jan</b>	Nachos Seasoned Ground Beef, Diced Chicken, Fish Queso, Tortilla Chips, Beans, Toppings	Grilled Pork Chops Rissoto, Roasted Asparagus
<b>Wed</b>	<b>27-Jan</b>	BBQ Chicken Power Bowl Chicken, Power Slaw, Black Beans, Corn, Avocado	Spaghetti with Meatsauce Whole Grain Pasta Grilled Vegetables
<b>Thu</b>	<b>28-Jan</b>	General Tso Chicken Fried Riced Vegetables Steamed Broccoli	Flank Steak Roasted Vegetables Lemon Herb Grains
<b>Fri</b>	<b>29-Jan</b>	Smoked Ribs Mashed Sweet Potatoes, Broccoli Salad, Grilled Mixed Vegetables, Mixed Fruit	Baked Fish Roasted Fingerling Potatoes, Key Largo Vegetables
<b>Sat</b>	<b>30-Jan</b>	Beef Bulgogi Power Bowl Bugogi Steak, 5 Grain, Pickled Vegetables Sriracha Mayo, Sauteed Cabbage	Italian Sausage Penne Creamy Red Sauce, Baked Zucchini and Squash
<b>Sun</b>	<b>31-Jan</b>	Pizza Pepperoni, Veggie, Cheese, Meatlovers, Specialty and Buffalo Cauliflower	Turkey Dinner Cornbread Stuffing, Green Beans