

MENU

Hot Meal

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
				Buffalo Chicken Mac & Cheese WGR Pasta* Broccoli 1% Milk Apple	Braised Chicken Thighs Spanish Rice* Kidney Beans, Tomato Apple 1% Milk
2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5	6	7	8	9
	Hearty Chicken & Potato Stew WGR Biscuit* Lima beans, carrots & Potatoes in stew Apple 1% Milk	Pulled BBQ Beef WGR Bun* Corn Apple 1% Milk	Mac & Cheese Special WW Penne* Corn & Broccoli Banana 1% Milk	Meatball Straganoff Brown Rice* Peas & Carrots Apple 1% Milk	Southern Style Sausage & Gravy WGR Biscuit* Sweet Potato Apple 1% Milk
3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12	13	14	15	16
	Beef Stew WGR Biscuit* Peas , carrots, potatoes Apple 1% Milk	Turkey Goulash WGR Pasta* Diced tomatoes, Peppers Orange 1% Milk	BBQ Chicken Thighs WGR Roll* BBQ Beans Banana 1% Milk	Meatball Sandwich WGR Bun* Corn Apple 1% Milk	Cheesy Beef & Hash WGR Roll* Home Fries Apple 1% Milk
4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	19	20	21	22	23
	Foodlink Closed Holiday	Cheeseburger Sliders WGR Bun* BBQ Home Fries Orange 1% Milk	Orange Chicken Brown Rice* Broccoli Banana 1% Milk	Buffalo Chicken Mac & Cheese Broccoli Apple 1% Milk WGR Pasta*	Braised Chicken Thighs Spanish Rice & Beans Kidney Beans & Tomato in rice Apple 1% Milk
5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	26	27	28	29	30
	Hearty Chicken & Potato Stew WGR Biscuit* Lima beans, carrots & Potatoes in stew Apple 1% Milk	Pulled BBQ Beef WGR Bun* Corn Apple 1% Milk	Mac & Cheese Special WW Penne* Corn & Broccoli Banana 1% Milk	Meatball Stroganoff Brown Rice* Peas & Carrots Apple 1% Milk	Southern Style Sausage & Gravy WGR Biscuit* Sweet Potato Apple 1% Milk
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Foodlink Community Kitchen



2011 Mt . Read Blvd., Rochester, NY 14615



585-413-4097

*designates a whole grain rich product



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