



Metz

CULINARY MANAGEMENT



St. Coletta of Greater Washington

Monday	Tuesday	Wednesday	Thursday	Friday
8/28/23	8/29/23	8/30/23	8/31/23	
Beef Mac and Cheese	Chicken Fried Rice	Pizza (Cheese or Meat)	BBQ Chicken	Sloppy Joe
Turkey Melt	Tuna Salad Sandwich	Roast Beef Sandwich	Baked Tilapia	Black Bean Enchilada ☐
Green Beans	Peas	Steamed Broccoli	Mashed Potatoes	French Fries
Glazed Carrots	Squash	Carrot Fries	Peas & Carrots /Zucchini	Green Beans
Garlic Roll	Vegetable Egg Roll ☐	Berry Parfait	Cornbread	Cole Slaw
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23
	Italian Turkey Sausage Ziti	Pizza (Cheese or Meat)	BBQ Meatballs	TAILGATE PARTY
	Southwest Chicken Wrap	Italian Turkey Hoagie	Grilled Cheese ☐	Chicken Tenders
	Garlic Roll	Broccoli	Mac and Cheese	Chili Nachos
	Glazed Carrots	Squash	Green Beans	Seasoned Fries
	Zucchini	Strawberry Salad	Cabbage	Broccoli / Coleslaw
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Spaghetti w/ Meat Sauce	TACO TUESDAY	Pizza (Cheese or Meat)	Salisbury Steak	Orange Chicken
Ham and Cheese Melt	Chicken Quesadilla	Turkey Cheddar Wraps	Fish Nuggets	Grilled Cheese ☐
Green Beans	Chili (Beef)	Broccoli	Mashed Potatoes	Vegetable Fried Rice
Glazed Carrots	Mexican Rice / Mixed Vegetables	Summer Squash	Green Beans	Broccoli
Gallic Bread	Chips and Salsa	Caesar Salad	Butternut Squash	Vegetable Egg Roll ☐
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
Chicken Parm Rotini	TACO TUESDAY		Meatball Sub	BBQ Grilled Chicken
Turkey and Swiss Roll	Beef Taco		Turkey Chili w/ Cornbread	Grilled Cheese ☐
Green Beans	Fajita Shrimp		Peas and Carrots	Baked Beans
Mixed Vegetables	Cilantro Lime Rice		Broccoli	Steamed Green Beans
Dinner Roll	Plantains/Peas & Carrots		Roasted Potatoes	Roll
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23
Beef Lasagna Bake	Rotisserie Chicken	Pizza (Cheese or Meat)	Steak and Cheese	Sweet Sour Chicken
Tuna Salad Sandwich	Tilapia	Chicken Nuggets	Seafood Alfredo	Grilled Cheese ☐
Buttered Broccoli	Cheddar Mashed Potatoes	Fried Potato Wedges	Zucchini Medley	Steamed Green Beans
Glazed Carrots	White Corn	Roasted Broccoli	Spinach	Mixed Vegetables
Roll	Kale	Banana Pudding	Tater Tots	Egg Rolls
1% Milk & 2% Milk Fresh Fruit Whole Grain Pasta/ Bread/ Wraps		All Meals Include Low Fat Yogurt		☐ = VEGETARIAN Apple Sauce
			Garden Salad	