



Wells Central Menu ~ TRADITIONS~ November 23- December 11, 2009

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of Nov.23, 2009	<p>Lunch: Beef Noodle Soup Tomato Florentine Soup-VGN Salad Bar</p> <p>Dinner: Italian Sausage with Peppers & Onions <u>Pasta Bar</u> Ground Beef Spaghetti Whole Wheat Penne Spinach Béchamel Sauce-V Green Peas-VGN</p>	<p>Lunch: Chicken Orzo Soup Vegetable Tortellini Soup-V Salad Bar</p> <p>Dinner: Roast Beef au Jus Chicken Tenders Authentic Cajun Red Beans & Rice-VGN Rosemary Roasted Red Potatoes Glazed Carrots-VGN</p>	<p>Lunch: Turkey Vegetable Soup Corn Chowder- V Salad Bar</p> <p>Dinner: Roast Turkey <<Baked Tilapia-S>> Butternut Squash Apple-Cranberry Bake-VGN Smashed Potatoes-V Turkey Gravy Bread Stuffing Broccoli Florets-VGN</p>	<p>Closed for Thanksgiving Break</p>	<p>Closed for Thanksgiving Break</p>
Week of Nov.30, 2009	<p>Lunch: Chicken Tortilla Soup Tomato Bisque-V Salad Bar</p> <p>Dinner: Meatballs Marinara <u>Pasta Bar</u> Ground Beef Spaghetti Whole Wheat Penne Caramelized Onion Bechamel-V Broccoli & Cauliflower-VGN</p>	<p>Lunch: Beef Rice Soup Potato & Cheddar Chowder-V Salad Bar</p> <p>Dinner: Chicken Pot Pie <<Baked Haddock-S>> Mashed Potatoes Roasted Vegetable Cous-Cous-VGN Spicy Green Beans-VGN</p>	<p>Lunch: Turkey Noodle Soup Cream of Broccoli Soup-VGN Salad Bar</p> <p>Dinner: Roast Pork Loin Meatloaf Ratatouille-VGN Oven Browned Potatoes Glazed Carrots-VGN</p>	<p>Lunch: Potato & Ham Chowder Mexican Minestrone Soup-VGN Salad Bar</p> <p>Dinner: Chicken Cacciatore <u>Pasta Bar</u> Ground Turkey Fettuccini Whole Wheat Penne Marinara Sauce-VGN Alfredo Sauce-V Garlic Vegetable Saute-VGN</p>	<p>Lunch: <<Seared Salmon & Herb Chowder-S>> Garden Chili-VGN Salad Bar</p> <p style="text-align: center;">Closed for Friday Dinner Service</p>
Week of Dec. 7, 2009	<p>Lunch: Beef Noodle Soup Cream of Tomato Soup-V Salad Bar</p> <p>Dinner: Chicken Parmesan <u>Pasta Bar</u> Italian Sausage Spaghetti Whole Wheat Penne Roasted Red Pepper Cream Sauce- V Vegetable Sauté-VGN</p>	<p>Lunch: Bacon & Corn Chowder Pasta e Fagioli-VGN Salad Bar</p> <p>Dinner: <<Oven Roasted Sides of Salmon-S>> Southern Fried Chicken Shells & Cheese-V Garlic Mashed Potatoes-V Whole Green Beans-VGN</p>	<p>Lunch: Chili Con Carne Minestrone Soup-VGN Salad Bar</p> <p>Dinner: St. Louis BBQ Pork Ribs BBQ Chicken Ratatouille-VGN Sweet Potato Fries Corn on the Cob-VGN</p>	<p>Lunch: Southwest Chicken Soup Cream of Broccoli Soup-V Salad Bar</p> <p>Dinner: Meatballs Marinara <u>Pasta Bar</u> Ground Turkey Fettuccini Whole Wheat Penne Alfredo Sauce-V Broccoli Florets-VGN</p>	<p>Lunch: <<Clam Chowder-S>> Chipotle Black Bean Soup-VGN Salad Bar</p> <p style="text-align: center;">Closed for Friday Dinner Service</p>