



Wells Central Menu ~ TRADITIONS~ January 25- February 12, 2010

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
01/25/10-01/29/10	<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-VGN Glazed Carrots-VGN</p>	<p>Lunch: Turkey Vegetable Soup Corn Chowder- V Salad Bar</p> <p>Dinner: Roast Turkey <<Baked Tilapia-S>> Tofu Stuffed Portabella Mushrooms-VGN Smashed Potatoes-V Turkey Gravy Bread Stuffing Hubbard Squash-VGN</p>	<p>Lunch: Italian Wedding Soup Cream of Mushroom Soup-V Salad Bar</p> <p>Dinner: Chicken Parmesan <u>Pasta Bar</u> Ground Turkey Fettuccini Whole Wheat Penne Alfredo Sauce-V Broccoli Florets-VGN</p>	<p>Lunch: <<Fish Chowder-S>> Mexican Minestrone Soup-VGN Salad Bar</p> <p>Closed for Friday Dinner Service</p>
02/01/10-02/05/10	<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 Béchamel-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>> Oven Brownd Potatoes-VGN Roasted Vegetable Cous-Cous-VGN Baked Macaroni & Cheese-V Spicy Green Beans-VGN</p>	<p>Lunch: Turkey Noodle Soup Cream of Broccoli Soup-VGN Salad Bar</p> <p>Dinner: Roast Beef au Jus Lemon Thyme Chicken Ratatouille-VGN Smashed Red Potatoes-V Carrots & Turnip-VGN</p>	<p>Lunch: Potato & Ham Chowder Mexican Minestrone Soup-VGN Salad Bar</p> <p>Dinner: Herb Roasted Turkey Breast Turkey Gravy Wiled Rice Stuffed Acorn Squash-VGN Bread Stuffing Parslied Potatoes-VGN Garlic Vegetable Saute-VGN</p>	<p>Lunch: <<Seared Salmon & Herb Chowder-S>> Garden Chili-VGN Salad Bar</p> <p>Closed for Friday Dinner Service</p>
02/08/10-02/12/10	<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 Alfredo Sauce-V Vegetable Sauté-VGN</p>	<p>Lunch: Bacon & Corn Chowder Minestrone-VGN Salad Bar</p> <p>Dinner: Baked Ham Chicken Stew with Dumplings Okra Gumbo-V Dirty Rice Authentic Cajun Red Beans & Rice-VGN Collard Greens-VGN</p>	<p>Lunch: Chili Con Carne Winter Squash Soup-V Salad Bar</p> <p>Dinner: St. Louis BBQ Pork Ribs BBQ Chicken BBQ Tempeh-VGN Baked Beans-V 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 Buffalo Chicken Lasagna <u>Pasta Bar</u> Fettuccini Whole Wheat Penne Broccoli Florets-VGN</p>	<p>Lunch: <<Clam Chowder-S>> Chipotle Black Bean Soup-VGN Salad Bar</p> <p>Closed for Friday Dinner Service</p>