

GRANBY SENIOR SCHOOL
ELDERLY MENU
January 2010

Menu subject to change

Monday	4	Tuesday	5	Wednesday	6	Thursday	7	Friday	8
Whole Grain Breaded Popcorn Chicken Oriental Fried Rice Steamed Broccoli Cuts Sweet & Sour Sauce Vanilla Pudding, Milk		Seasoned Chicken Breast Seasoned Pasta, Mixed Veggies, Whole Grain Bread Stick, Marinara Sauce, Mandarin Oranges, Milk		Barbecued Pork Cheesy Macaroni Confetti Coleslaw Baked Apples, Milk		Citrus Chicken Rice & Beans Seasoned Green Beans Whole Wheat Dinner Roll, Pineapple, Milk		Fish and Chips Steamed Corn, Baby Carrots, Corn Bread, Chilled Oranges, Milk	
Honey BBQ Chicken, Homemade Macaroni Salad made with Whole Grain Pasta, Seasoned Corn, Seasoned Carrots, Fresh Orange Wedges, Milk	11	Turkey Club Wrap w/lettuce and tomato, Pasta Salad, Tomato Soup, Cherry Sorbet , Milk	12	Chicken Stir-fry, Brown Rice, Carrot, Celery, Onion, Oriental Vegetables, Strawberries on Biscuits, Milk	13	Meat Loaf, Brown Gravy, Mashed Potatoes, Steamed Sweet Peas, Whole Wheat Dinner Roll, Pineapple, Milk	14	Crab Salad Sandwich, Potato Puffs, Romaine Lettuce Salad, Chilled Pears, Pudding, Milk	16
No School Martin Luther King Day	18	No School Professional Development Day	19	Grilled Ham & Cheese on Wheat, Vegetable Pasta Salad Carrot Sticks w/ Dip, Cookie, Orange Wedges, Milk	20	Pineapple Glazed Chicken, Mashed Potatoes, Seasoned Mixed Veggies, Whole Wheat Dinner Roll Applesauce, Milk	21	Baked Tilapia, Rice Pilaf Peas & Carrots, Romaine Lettuce Salad, Pudding, Milk	22
Baked Chicken, Rice Pilaf, Cranberry, Seasoned Spinach, Whole Wheat Roll, Cherry Sorbet, Milk	25	Hamburger Sundae Savory Ground Beef w/ Sweet Corn Mashed Potatoes Brown Gravy Warm Baked Apple Slice, Sliced Bread, Milk	26	Broccoli Topped Pizza on Whole Grain Crust, Caesar Romaine Salad w/croutons, Chilled Peaches, Milk	27	Rotini Pasta and Italian Meatballs Marinara Sauce Seasoned Green Beans Toasted Whole Grain Garlic Bun, Mandarin Oranges, Milk	28	Fish Fillet, Seasoned Pasta, Tossed Salad, Whole Grain Garlic Bun, Pears, Milk	29