







<b>Week 1</b> <b>Landmark High School</b>      	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1/29/12	1/30/12	1/31/12	2/1/12	2/2/12	2/3/12	2/4/12
<b>Breakfast</b> Fresh Seasonal Whole Fruit (available all Day) and Fruit Salad, Plain and Flavored Yogurt, Assorted Hot and Cold Cereal Bar. Assortment of Bread and Scrambled Eggs available daily for Breakfast.							
	Fried Eggs Pancakes Corned Beef Hash Bacon Home Fries	Egg & Ch Croissant. Ch. Chip Pancake Sausage Patty Potato Tots	Chddr. Omelet French Toast Bacon /Sausage Tartar Tots	Texas Toast Fried Eggs Bacon/Sliced Ham Home Fries	Ham & Ch Omelet Pancakes Sausage Links/Corned Beef Tartar Tots		
<b>Soup of The Day</b>							
Chefs Choice	Black Bean	White Bean Potato Arugala	Tomato	Cream Of Broccoli	Clam Chowda	Chefs Choice	
<b>Lunch Selections</b>							
Scrambled Eggs Egg & Cheese Croissants Ch.Chip Pancakes Sausage/Bacon Potato Tots Oatmeal	<b>Oatmeal Cookies</b>  Chicken Broccoli Ziti Eggplant Parm (v) Mixed Veg (v)  Spinach Salad (v)	<b>Macaroons</b>  Turkey Panini Veg Chili (V) Fries (V) Mixed Vegetables (V) Greek Salad (V)	<b>Raspberry Croissants</b> Pork Chops Baked Ziti (v) Mixed Vegetables (v) Strawberry Goat Cheese Salad (V)	<b>Raisin Bran Muffins</b> Beef Stew W/ Bread Bowl Ratatouille (v) Mixed Vegetable (v) Rice (v)	<b>Assorted Scones</b>  Fish & Chips Rueben Sandwich Mixed Vegetables (v) House Salad (v)	Scrambled Eggs Egg & Cheese Croissants Ch.Chip Pancakes Sausage/Bacon Potato Tots Oatmeal	
Cheese Burgers Veggie Burgers (V) Potato wedges (V) Onion Rings (V) Mixed Vegetables (V) Ice Cream Novelties	Stuffed Sole Chicken Florentine Roasted Potatoes (V) Mixed Vegetables (V)  Cakes	Meatloaf Mac & Cheese (v) Mixed Veg (v)  Assorted Pies	<b>Rotisserie Chicken Carving Station</b> Manicotti (v) Rice Pilaf (v) Mixed Vegetable (v)  Apple Crisps	All Beef Meatballs Spaghetti & Sauce (V) Tortellini Alfredo (V) Mixed Vegetables (V) Brownies	<b>Asian Noodle Bar</b>  Vegetable Lo Mien (v) Mixed Vegetables (v)  Fortune Cookies	Meat Lasagna Shrimp Scampi Pasta & Sauce (v) Garlic Bread Mixed Vegetables (v)  Choc Éclairs	

(V) next to an entrée indicates it is a non meat - vegetarian entrée

<b>Farm Fresh Salad Bar</b>	<b>The Best Sandwich on the Block</b>
A variety of dark leafy greens, mesclun salad, raw vegetables, olives, beans, cottage cheese chopped eggs and fruit salad accompanied by a minimum of six dressings, including light or no fat varieties, oil and vinegar. Topped off with croutons, sunflower seeds and real bacon bits	A selection of customized sandwich items will always be available: Sliced ham, turkey, roast beef, chicken, tuna or egg salad, Sliced American, Swiss and provolone cheese, peanut butter and jelly with a selection of assorted breads, side salads and spreads

Daily Beverage selection includes 100% Orange, Apple and Cranberry Juice, Café Origins Coffee Selection, Hot Chocolate, 2%, Skim and Chocolate Milk Questions regarding nutritional information may be directed to [eathealthy@brockco.com](mailto:eathealthy@brockco.com) Questions regarding menu or recipe information may be directed to [askchef@brockco.com](mailto:askchef@brockco.com) . If you have a food allergy, please speak to the Director or Chef. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu Subject to change. If you any questions please contact Director of Dining Services- **John Scopelites @ 978-236-3249**

