

# January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Colleen Brawn MA RD LDN #948038  *Menu subject to change		CLOSED HOLIDAY	<b>TURKEY CLUB SALAD</b> 1Tbsp Fat Free Ranch drsg, ½ cup carrot & raisin salad ½ cup vegetable pasta salad 1 sl WW bread ½ cup applesauce	<b>CHICKEN SALAD PLATTER</b> ½ cup marinated dill cucumber salad ½ cup cold quinoa salad with bell peppers 2oz oz whole wheat roll Fresh Fruit
6	7	8	9	10
<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, LF Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine Fresh Fruit	<b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese) ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 2oz WW roll, margarine ½ cup pineapples	<b>HONEY MUSTARD SLICED CHICKEN WRAP</b> (3oz EP chicken, 1 T Honey mustard ) ½ cup Greek orzo salad (orzo, tomato, cucumber, chickpeas, olives) ½ c. marinated carrot & caulifl. salad 6" whole wheat tortilla Fresh Orange	<b>TUNA NICOISE SALAD</b> (2oz EP tuna in tuna salad, 1 whole egg, 1 cup romaine lettuce, 0.5oz red onion, 0.5oz olives, 1 pkt LSLF Italian dressing) ½ cup marinated green bean salad ½ cup potato salad 2oz whole wheat roll, pc marg ½ cup applesauce	<b>ROAST BEEF CAESAR SALAD</b> (3oz EP roast beef, 1/2 whole HB egg, 1 cup romaine lettuce, 1 T croutons, 1T Caesar dressing) ½ cup pasta salad ½ cup marinated tomato salad 1 oz WW bread, pc marg Sugar Cookie
13	15	16	16	17
<b>ASIAN CHICKEN SALAD</b> (3oz EP chicken, 1 cups romaine lettuce, 1 Tbsp chowmein noodles, ¼ c mandarin oranges, 1 T Asian drg) ½ cup cold sesame noodle salad ½ c marinated cucumber & carrot salad 2oz WW roll, pc marg ½ cup berry applesauce	<b>SPINACH SALAD TOPPED WITH EGG SALAD</b> (3 whole eggs EP in egg salad, 1 cup fresh spinach, 2 T red peppers, 1 T red onion, 1 T FF Italian dressing) ½ cup marinated beet salad ½ cup marinated dill cucumber salad 1 oz whole wheat bread, pc margarine Fresh Fruit	<b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz swiss cheese, 2oz WW Hamburger bun) Lettuce leaf, tomato slice ½ cup marinated broccoli salad ½ cup carrot and raisin salad Sweet muffin	<b>CHICKEN TACO SALAD</b> (2oz chicken, 1 oz cheddar cheese, 1/8c black beans, 1 cups romaine lettuce, 1 Tbsp FF ranch) ½ cup corn & pepper salsa ½ cup marinated tomato salad 2oz WW roll, pc marg Fresh Pear	<b>CHICKEN SALAD WRAP</b> (3oz EP chicken) ½ cup potato salad ½ cup health salad 6" whole wheat tortilla ½ cup mandarin oranges
20	21	22	23	24
Closed Holiday	<b>TUNA SALAD PLATTER</b> (3oz EP Tuna) ½ cup lentil tomato & onion salad ½ cup marinated broccoli salad 1 sl WW bread, pc marg 1oz chocolate chip cookie	<b>CHEF SALAD</b> (1oz turkey ham, 1oz turkey, 1oz swiss cheese, 1 cup romaine, 2 Tbsp cucumber, 2Tbsp diced tomato, 1Tbsp FF 1000 island drg) ½ cup macaroni salad ½ cup marinated green bean salad 2oz WW roll, pc marg Fresh Orange	<b>VEGETABLE PASTA SALAD W CHICKEN</b> (1/2 cup vegetable pasta salad, 2oz EP chicken, 0.5oz cheese cubes ¼ c white beans) ½ cup marinated summer salad (peppers, tomato, cucumber, onions) ½ cup pineapples 2oz WW roll, pc margarine ½ cup cinnamon applesauce	<b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup pears
27	28	29	30	31

<p><b>TURKEY &amp; CHEESE SANDWICH</b>                  (2oz turkey, 1oz swiss cheese, 2oz WW Hamburger bun)                  Lettuce leaf, tomato slice                  ½ cup marinated broccoli salad                  ½ cup carrot and raisin salad                  ½ cup mandarin oranges</p>	<p><b>TURKEY HAM &amp; SWISS PITA</b>                  (1.5oz EP turkey ham, 1.5oz swiss cheese, ½ WW pita)                  ½ cup marinated broccoli salad                  ½ cup 3 bean salad                  Fresh Fruit</p>	<p><b>TURKEY WRAP</b>                  (3oz EP turkey)                  Lettuce, tomato slice                  ½ cup cole slaw                  ½ cup carrot &amp; raisin salad                  6" whole wheat tortilla                  Fresh Apple</p>	<p><b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b>                  (3oz EP chicken, 1 T craisins, 1 T almonds, 1 cup romaine lettuce, 1 tbsp Raspberry vinaigrette)                  ½ cup macaroni salad                  ½ cup marinated carrot salad                  1 oz white bread, pc marg                  Sweet muffin</p>	<p><b>ASIAN CHICKEN SALAD</b>                  (3oz EP chicken, 1 cups romaine lettuce, 1 Tbsp chowmein noodles, ¼ c mandarin oranges, 1 Tbsp Asian dressing)                  ½ cup cold sesame noodle salad                  ½ c marinad. cucumber &amp; carrot salad                  2oz WW roll, pc marg                  ½ cup fruit cocktail</p>
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# FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>SEAFOOD SALAD PLATTER W CHEESE</b>                  (3oz EP surimi, 1 oz cheddar cheese)                  ½ cup marinated tomato and white bean                  ½ cup marinated cucumber and onion salad                  2oz WW roll, margarine                  ½ cup pineapples</p>	<p><b>HONEY MUSTARD SLICED CHICKEN WRAP</b>                  (3oz EP chicken, 1 T Honey mustard )                  ½ cup Greek orzo salad (orzo, tomato, cucumber, chickpeas, olives)                  ½ c. marinated carrot &amp; caulifl. salad                  6" whole wheat tortilla                  Fresh Orange</p>	<p><b>TUNA NICOISE SALAD</b>                  (2oz EP tuna in tuna salad, 1 whole egg, 1 cup romaine lettuce, 0.5oz red onion, 0.5oz olives, 1 pkt LSLF Italian dressing)                  ½ cup marinated green bean salad                  ½ cup potato salad                  2oz whole wheat roll, pc marg                  ½ cup applesauce</p>	<p><b>ROAST BEEF CAESAR SALAD</b>                  (3oz EP roast beef, 1/2 whole HB egg, 1 cup romaine lettuce, 1 T croutons, 1T Caesar dressing)                  ½ cup pasta salad                  ½ cup marinated tomato salad                  1 oz WW bread, pc marg                  Sugar Cookie</p>	<p><b>GARDEN SALAD W CHICKEN</b>                  (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, LF Italian dressing)                  ½ cup tomato and cucumbers                  ½ cup cold couscous w peppers                  1 slice WW bread, pc margarine                  Fresh Fruit</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>SPINACH SALAD TOPPED WITH EGG SALAD</b>                  (3 whole eggs EP in egg salad, 1 cup fresh spinach, 2 T red peppers, 1 T red onion, 1 T FF Italian dressing)                  ½ cup marinated beet salad                  ½ cup marinated dill cucumber salad                  1 oz whole wheat bread, pc margarine                  Fresh Fruit</p>	<p><b>TURKEY &amp; CHEESE SANDWICH</b>                  (2oz turkey, 1oz swiss cheese, 2oz WW Hamburger bun)                  Lettuce leaf, tomato slice                  ½ cup marinated broccoli salad                  ½ cup carrot and raisin salad                  Sweet muffin</p>	<p><b>CHICKEN TACO SALAD</b>                  (2oz chicken, 1 oz cheddar cheese, 1/8c black beans, 1 cups romaine lettuce, 1 Tbsp FF ranch)                  ½ cup corn &amp; pepper salsa                  ½ cup marinated tomato salad                  2oz WW roll, pc marg                  Fresh Pear</p>	<p><b>CHICKEN SALAD WRAP</b>                  (3oz EP chicken)                  ½ cup potato salad                  ½ cup health salad                  6" whole wheat tortilla                  ½ cup mandarin oranges</p>	<p><b>ASIAN CHICKEN SALAD</b>                  (3oz EP chicken, 1 cups romaine lettuce, 1 Tbsp chowmein noodles, ¼ c mandarin oranges, 1 T Asian drg)                  ½ cup cold sesame noodle salad                  ½ c marinated cucumber &amp; carrot salad                  2oz WW roll, pc marg                  ½ cup berry applesauce</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>Closed HOLIDAY</b></p>	<p><b>CHEF SALAD</b>                  (1oz turkey ham, 1oz turkey, 1oz swiss cheese, 1 cup romaine, 2 Tbsp cucumber, 2Tbsp diced tomato, 1Tbsp FF 1000 island drg)                  ½ cup macaroni salad                  ½ cup marinated green bean salad                  2oz WW roll, pc marg                  Fresh Orange</p>	<p><b>VEGETABLE PASTA SALAD W CHICKEN</b>                  (1/2 cup vegetable pasta salad, 2oz EP chicken, 0.5oz cheese cubes ¼ c white beans)                  ½ cup marinated summer salad (peppers, tomato, cucumber, onions)                  ½ cup pineapples                  2oz WW roll, pc margarine                  ½ cup cinnamon applesauce</p>	<p><b>GARDEN SALAD W CHICKEN</b>                  (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, low fat Italian dressing)                  ½ cup tomato and cucumbers                  ½ cup cold couscous w peppers                  1 slice WW bread, pc margarine                  ½ cup pears</p>	<p><b>SEAFOOD SALAD PLATTER W CHEESE</b>                  (3oz EP surimi, 1 oz cheddar cheese)                  ½ cup marinated tomato and white bean                  ½ cup marinated cucumber and onion salad                  2oz WW roll, margarine                  Fresh Fruit</p>

24	25	26	27	28
<p><b>TURKEY HAM &amp; SWISS PITA</b>                      (1.5oz EP turkey ham, 1.5oz swiss cheese, ½ WW pita)                      ½ cup marinated broccoli salad                      ½ cup 3 bean salad                      Fresh Fruit</p>	<p><b>TURKEY WRAP</b>                      (3oz EP turkey)                      Lettuce, tomato slice                      ½ cup cole slaw                      ½ cup carrot &amp; raisin salad                      6" whole wheat tortilla                      Fresh Apple</p>	<p><b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b>                      (3oz EP chicken, 1 T craisins, 1 T almonds, 1 cup romaine lettuce, 1 tbsp Raspberry vinaigrette)                      ½ cup macaroni salad                      ½ cup marinated carrot salad                      1 oz white bread, pc marg                      Sweet muffin</p>	<p><b>ASIAN CHICKEN SALAD</b>                      (3oz EP chicken, 1 cups romaine lettuce, 1 Tbsp chowmein noodles, ¼ c mandarin oranges, 1 Tbsp Asian dressing)                      ½ cup cold sesame noodle salad                      ½ c marinat. cucumber &amp; carrot salad                      2oz WW roll, pc marg                      ½ cup fruit cocktail</p>	<p><b>TURKEY &amp; CHEESE SANDWICH</b>                      (2oz turkey, 1oz swiss cheese, 2oz WW Hamburger bun)                      Lettuce leaf, tomato slice                      ½ cup marinated broccoli salad                      ½ cup carrot and raisin salad                      ½ cup mandarin oranges</p>
*Menu subject to change		Colleen Brawn MA RD LDN #948038		

# MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>GARDEN SALAD W CHICKEN</b>                      (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, LF Italian dressing)                      ½ cup tomato and cucumbers                      ½ cup cold couscous w peppers                      1 slice WW bread, pc margarine                      Fresh Fruit</p>	<p><b>SEAFOOD SALAD PLATTER W CHEESE</b>                      (3oz EP surimi, 1 oz cheddar cheese)                      ½ cup mari. tomato and white bean                      ½ c mari. cucumber and onion salad                      2oz WW roll, margarine                      ½ cup pineapples</p>	<p><b>HONEY MUSTARD SLICED CHICKEN WRAP</b>                      (3oz EP chicken, 1 T Honey mustard )                      ½ cup Greek orzo salad (orzo, tomato, cucumber, chickpeas, olives)                      ½ c. marinated carrot &amp; caulifl. salad                      6" whole wheat tortilla                      Fresh Orange</p>	<p><b>TUNA NICOISE SALAD</b>                      (2oz EP tuna in tuna salad, 1 whole egg, 1 c romaine lettuce, 0.5oz red onion, 0.5oz olives, 1 pkt LSLF Italian drg)                      ½ cup marinated green bean salad                      ½ cup potato salad                      2oz whole wheat roll, pc marg                      ½ cup applesauce</p>	<p><b>ROAST BEEF CAESAR SALAD</b>                      (3oz EP roast beef, 1/2 whole HB egg, 1 cup romaine lettuce, 1 T croutons, 1T Caesar dressing)                      ½ cup pasta salad                      ½ cup marinated tomato salad                      1 oz WW bread, pc marg                      Sugar Cookie</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>ASIAN CHICKEN SALAD</b>                      (3oz EP chicken, 1 cups romaine lettuce, 1 Tbsp chowmein noodles, ¼ c mandarin oranges, 1 T Asian drg)                      ½ cup cold sesame noodle salad                      ½ c marina. cucumber &amp; carrot salad                      2oz WW roll, pc marg                      ½ cup berry applesauce</p>	<p><b>SPINACH SALAD WITH EGG SALAD</b>                      (3 whole eggs EP in egg salad, 1 cup fresh spinach, 2 T red peppers, 1 T red onion, 1 T FF Italian dressing)                      ½ cup marinated beet salad                      ½ cup marinated dill cucumber salad                      1 oz WWbread, pc margarine                      Fresh Fruit</p>	<p><b>TURKEY &amp; CHEESE SANDWICH</b>                      (2oz turkey, 1oz swiss cheese, 2oz WW Hamburger bun)                      Lettuce leaf, tomato slice                      ½ cup marinated broccoli salad                      ½ cup carrot and raisin salad                      Sweet muffin</p>	<p><b>CHICKEN TACO SALAD</b>                      (2oz chicken, 1 oz cheddar cheese, 1/8c black beans, 1 cups romaine lettuce, 1 Tbsp FF ranch)                      ½ cup corn &amp; pepper salsa                      ½ cup marinated tomato salad                      2oz WW roll, pc marg                      Fresh Pear</p>	<p><b>CHICKEN SALAD WRAP</b>                      (3oz EP chicken)                      ½ cup potato salad                      ½ cup health salad                      6" whole wheat tortilla                      ½ cup mandarin oranges</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>

*Bucks County COLD*

<p><b>SEAFOOD SALAD PLATTER W CHEESE</b> (3oz EP surimi, 1 oz cheddar cheese) ½ cup marinated tomato and white bean ½ cup marinated cucumber and onion salad 2oz WW roll, margarine Fresh Fruit</p>	<p><b>TUNA SALAD PLATTER</b> (3oz EP Tuna) ½ cup lentil tomato &amp; onion salad ½ cup marinated broccoli salad 1 sl WW bread, pc marg 1oz chocolate chip cookie</p>	<p><b>CHEF SALAD</b> (1oz turkey ham, 1oz turkey, 1oz swiss cheese, 1 cup romaine, 2 Tbsp cucumber, 2Tbsp diced tomato, 1Tbsp FF 1000 island drg) ½ cup macaroni salad ½ cup marinated green bean salad 2oz WW roll, pc marg Fresh Orange</p>	<p><b>VEGETABLE PASTA SALAD W CHICKEN</b> (1/2 cup vegetable pasta salad, 2oz EP chicken, 0.5oz cheese cubes ¼ c white beans) ½ cup marinated summer salad (peppers, toma, cucumber, onions) ½ cup pineapples 2oz WW roll, pc margarine ½ cup cinnamon applesauce</p>	<p><b>GARDEN SALAD W CHICKEN</b> (2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, low fat Italian dressing) ½ cup tomato and cucumbers ½ cup cold couscous w peppers 1 slice WW bread, pc margarine ½ cup pears</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>TURKEY &amp; CHEESE SANDWICH</b> (2oz turkey, 1oz swiss cheese, 2oz WW Hamburger bun) Lettuce leaf, tomato slice ½ cup marinated broccoli salad ½ cup carrot and raisin salad ½ cup mandarin oranges</p>	<p><b>TURKEY HAM &amp; SWISS PITA</b> (1.5oz EP turkey ham, 1.5oz swiss cheese, ½ WW pita) ½ cup marinated broccoli salad ½ cup 3 bean salad Fresh Fruit</p>	<p><b>TURKEY WRAP</b> (3oz EP turkey) Lettuce, tomato slice ½ cup cole slaw ½ cup carrot &amp; raisin salad 6" whole wheat tortilla Fresh Apple</p>	<p><b>GRILLED CHICKEN SALAD W CRAISINS &amp; ALMONDS</b> (3oz EP chicken, 1 T craisins, 1 T almonds, 1 cup romaine lettuce, 1 tbsp Raspberry vinaigrette) ½ cup macaroni salad ½ cup marinated carrot salad 1 oz white bread, pc marg Sweet muffin</p>	<p><b>ASIAN CHICKEN SALAD</b> (3oz EP chicken, 1 cups romaine lettuce, 1 Tbsp chowmein noodles, ¼ c mandarin oranges, 1 T Asian drg) ½ cup cold sesame noodle salad ½ c marinat.cucumber &amp; carrot salad 2oz WW roll, pc marg ½ cup fruit cocktail</p>
<b>31</b>	<b>31 (continued)</b>			
<p><b>TUNA NICOISE SALAD</b> (2oz EP tuna in tuna salad, 1 whole egg, 1 c romaine lettuce, 0.5oz red onion, 0.5oz olives, 1 pkt LSLF Italian dressing)</p>	<p>½ cup marinated green bean salad ½ cup potato salad 2oz whole wheat roll, pc marg ½ cup applesauce</p>		<p>Colleen Brawn MA RD LDN #948038  *Menu subject to change</p>	