

# B.T.C. Food Service Menu

Menu as of November 2019

<h1>January 2020</h1>	<b>NOTES</b> * 1 Carb choice ** 2 Carb choices 8 oz 1% Milk* is offered every day Diet option for sweetened desserts - ½ c fruit* EP: Edible Portion Menu Subject to Change <b>Meets PA dept of Aging and CACFP requirements</b>	<b>Wednesday, January 1</b> 	<b>New Year's Meal</b> <b>TURKEY &amp; MUIENSTER CHEESE SANDWICH</b> (1.5oz Turkey, 1.5oz cheese, 2oz WW hamburger roll**) Lettuce leaf, tomato slice ½ cup carrot raisin salad* ½ c applesauce* Pc mustard ½ cup navy bean soup, 2 crackers* 1 cup milk	<b>Friday, January 3</b> <b>ROAST PORK LOIN (3oz EP) w gravy (2oz)</b> ½ c Rosemary Red Bliss Potatoes*, <b>1 c Tossed Salad</b> ½ c Broccoli Florets <b>1.5 oz WW Roll**</b> <b>2oz chocolate zucchini miniloaf**</b> <b>4oz Apple Juice*</b> 1 cup milk
<b>Monday, January 6</b>	<b>Tuesday, January 7</b>	<b>Wednesday, January 8</b>	<b>Thursday, January 9</b>	<b>Friday, January 10</b>
<b>BAKED FISH W MAC &amp; CHEESE with tomatoes</b> (3oz EP tilapia, ½c elbow noodles, 1 oz cheddar cheese, 1 oz diced tomatoes**) ½ cup green beans ½ cup health salad (cabbage, carrot, peppers) 1 slice WW bread*, pc marg ½ cup peaches*, 1 cup milk	<b>CHICKEN THIGH WITH BEANS AND WILTED GREENS</b> (3oz EP chicken thigh) ½ c beans and spinach greens* ½ cup corn, carrots & red peppers* 2 oz WW bread**, pc margarine ½ cup pears* 1 cup milk	<b>BBQ CHEDDAR BURGER</b> (3oz EP ground beef, 0.5oz cheddar cheese) ½ cup sweet potato cubes* ½ cup sugar snap peas w red peppers* ½ c cucumber and onion salad 2oz WW hamburger roll** Pc bbq sauce ½ cup fruit cocktail*, 1 cup milk	<b>EGG SALAD PLATTER</b> (3 Whole eggs/1/2 cup) lettuce leaf ½ cup marinated tomato & white bean salad* ½ c carrot, broccoli and craisin salad 1.5oz WW roll**, pc marg ½ cup cinnamon applesauce* ½ cup chicken noodle soup, 4 crackers*, 1 cup milk	<b>BEEF AND BROCCOLI</b> (3oz EP beef, 1oz sauce, ¼ c broccoli) ½ cup brown rice* ½ cup sesame cabbage and carrots 1.oz WW bread*, pc marg ½ cup pineapples* 1 cup milk
<b>Monday, January 13</b>	<b>Tuesday, January 14</b>	<b>Wednesday, January 15</b>	<b>Thursday, January 16</b>	<b>Friday, January 17</b>
<b>TUNA SALAD PLATTER</b> (3oz EP tuna/1/2 cup) ½ cup summer time salad (tomato, onion, green pepper, cucumber) 1.5oz WW roll**, pc marg ½ cup fruit cocktail* ½ cup tomato florentine with pasta soup, 4 crackers* 1 cup milk	<b>(1) MANICOTTI w MEATBALLS (2-1oz)</b> (1/4 cup PS ricotta, 1oz PS mozz, 2-1oz EP beef meatballs, 2oz tomato sauce, ½ c manicotti shell***) ½ cup warm cinnamon apples * ½ cup sautéed kale, spinach and diced carrots 1oz WW bread*, 1 cup milk 1 pkt (14g) graham cracker*	<b>ORANGE CHICKEN</b> (3oz EP chicken breast, 1oz glaze*) ½ cup brown rice w carrots and peas* ½ cup broccoli 1 oz ww bread**, pc marg ½ cup raspberry pears with crisp topping* 1 cup milk	<b>(Salisbury) STEAK WITH CAMELIZED ONIONS</b> (3oz EP Salisbury steak, ¼ C caramelized onions w au jus) ½ cup whipped potatoes & cauliflower* ½ cup mixed vegetable * 2oz rye bread*, marg ½ cup berry applesauce* 1 cup milk	<b>OVEN "FRIED" CHICKEN</b> (3oz EP chicken, 2 T panko*) ½ cup squash, carrot & zucchini ½ cup yellow sweet corn* 2 oz WW hamburger roll**, pc margarine ½ cup tropical fruit salad* 1 cup milk
<b>Monday, January 20</b>	<b>Tuesday, January 21</b>	<b>Wednesday, January 22</b>	<b>Thursday, January 23</b>	<b>Friday, January 24</b>
<b>SLICED TURKEY W HERB POULTRY GRAVY &amp; STUFFING</b> (3oz EP turkey, 2oz gravy, 1/4 c stuffing*) ½ cup green bean almondine ½ cup carrot coins 1.5oz ww roll**, pc marg ½ cup peach applesauce* 1 cup milk	<b>THYME AND TARRAGON BAKED FISH</b> (4oz EP tilapia) ½ cup seasoned new potatoes* ½ cup peas * 1 cup romaine lettuce, 1 T shredded carrots w 1 T Fat free italian 2 oz WW bread*, pc marg ½ cup peaches* 1 cup milk	<b>CHICKEN SALAD SANDWICH</b> (3oz EP chicken/½ cup) Lettuce leaf ½ cup marinated tomato, basil and onion salad 2 slice 7 grain bread* ½ cup tropical fruit salad* ½ cup Italian wedding soup, 2 crackers* 1 cup milk	<b>BEEF TACO</b> (2oz EP ground beef, ¼ c black beans, ¼ onions, tomatoes, 0.5ozcheddar/3/4cup)* Pc sourcream ½ cup brown rice* ½ cup fiesta corn* 1 cup tossed salad (1 cup romaine, 1 slice cucumber and tomato, 1 T fat free ranch) 6" WW tortilla*, ½ cup pineapples* 1 cup milk	<b>PESTO CHICKEN</b> (3oz EP chicken breast, 1T pesto sauce, 0.5oz PS mozz) ½ cup zucchini, carrot, yellow squash ½ cup rotini w diced tomatoes* 1oz whole wheat bread*, pc marg ½ cup mandarin oranges* 1 cup milk
<b>Monday, January 27</b>	<b>Tuesday, January 28</b>	<b>Wednesday, January 29</b>	<b>Thursday, January 30</b>	<b>Friday, January 31</b>
<b>VEGGIE DELUXE OMELET</b> (2oz Egg patty, 1oz swiss, ½ cup potatoes, peppers, onions, tomato, spinach*) ½ cup warm cinnamon & nutmeg spice peaches* ½ cup marinated green bean salad 1oz WW bread*, pc marg 1.5oz corn muffin ** 1 cup milk	<b>CHICKEN CHOP SUEY</b> (3oz EP sliced chicken/1/2c, ½ cup celery, onion, snow peas, 1oz sauce) – heavy 1 cup estimate ½ cup steamed brown rice* ½ cup broccoli and carrots 1.5oz WW roll**, pc marg ½ cup pears* 1 cup milk	<b>MEATLOAF WITH ONION GRAVY</b> (3oz EP ground beef, 1oz gravy) ½ cup scalloped potatoes* ½ cup peas * 2 oz WW bread**, pc marg ½ c mandarin oranges* 1 cup milk	<b>BAKED ZITI</b> (3/4 c ziti noodle, 1/2 cup PS ricotta, 1oz PS mozz, 2oz sauce**) 1.3c estimate ½ cup garlic spinach with carrots ½ cup cauliflower 1oz 7 grain bread* ½ cup fruit cocktail* 1 cup milk	<b>TURKEY &amp; MUIENSTER CHEESE SANDWICH</b> (1.5oz Turkey, 1.5oz cheese, 2oz WW hamburger roll**) Lettuce leaf, tomato slice ½ cup carrot raisin salad* ½ c applesauce* Pc mustard ½ cup navy bean soup, 2 crackers* 1 cup milk

# FEBRUARY 2020



**NOTES**  
 \* 1 Carb choice  
 \*\* 2 Carb choices  
 8 oz 1% Milk\* is offered every day  
 Diet option for sweetened desserts - ½ c fruit\*  
 EP: Edible Portion  
 Menu Subject to Change  
**Meets PA dept of Aging and CACFP requirements**



Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
<b>BAKED FISH W MAC &amp; CHEESE with tomatoes</b> (3oz EP tilapia, ½c elbow noodles, 1 oz cheddar cheese, 1 oz diced tomatoes**) ½ cup green beans ½ cup health salad (cabbage, carrot, peppers) 1 slice WW bread*, pc marg ½ cup peaches*, 1 cup milk	<b>CHICKEN THIGH WITH BEANS AND WILTED GREENS</b> (3oz EP chicken thigh) ½ c beans and spinach greens*) ½ cup corn, carrots & red peppers* 2 oz WW bread**, pc margarine ½ cup pears* 1 cup milk	<b>BBQ CHEDDAR BURGER</b> (3oz EP ground beef, 0.5oz cheddar cheese) ½ cup sweet potato cubes* ½ cup sugar snap peas w red peppers* ½ c cucumber and onion salad 2oz WW hamburger roll** Pc bbq sauce ½ cup fruit cocktail* 1 cup milk	<b>EGG SALAD PLATTER</b> (3 Whole eggs/1/2 c) lettuce leaf ½ cup marinated tomato & white bean salad* ½ c carrot, broccoli and craisin salad 1.5oz WW roll**, pc marg ½ cup cinnamon applesauce* ½ cup chicken noodle soup, 4 crackers* 1 cup milk	<b>BEEF AND BROCCOLI</b> (3oz EP beef, 1oz sauce, ¼ c broccoli) ½ cup brown rice* ½ cup sesame cabbage and carrots 1.oz WW bread*, pc marg ½ cup pineapples* 1 cup milk
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
<b>(1) MANICOTTI w MEATBALLS (2-1oz)</b> (1/4 cup PS ricotta, 1oz PS mozz, 2-1oz EP beef meatballs, 2oz tomato sauce, ½ c manicotti shell***) ½ cup warm cinnamon apples * ½ cup sautéed kale, spinach and diced carrots 1oz WW bread*, 1 cup milk 1 pkt (14g) graham cracker*	<b>TUNA SALAD PLATTER</b> (3oz EP tuna/1/2 c) ½ cup summer time salad (tomato, onion, green pepper, cucumber) 1.5oz WW roll**, pc marg ½ cup fruit cocktail* ½ cup tomato florentine with pasta soup, 4 crackers* 1 cup milk	<b>ORANGE CHICKEN</b> (3oz EP chicken breast, 1oz glaze*) ½ cup brown rice w carrots and peas* ½ cup broccoli 1 oz ww bread**, pc marg ½ cup raspberry pears with crisp topping* 1 cup milk	<b>(Salisbury) STEAK WITH CAMELIZED ONIONS</b> (3oz EP Salisbury steak, ¼ C caramelized onions w au jus) ½ cup whipped potatoes & cauliflower* ½ cup mixed vegetable * 2oz rye bread*, marg ½ cup berry applesauce* 1 cup milk	<b>3oz EP CHICKEN PARMESAN*</b> ½ c Normandy Blend Veg ½ c Spaghetti* 1 c Spring Mix w 1 T raspberry vinaigrette, 2oz WW Roll** ½ cup fresh strawberries w whipped cream* 4oz Grape Juice* 1 cup milk
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
<b>SLICED TURKEY W HERB POULTRY GRAVY &amp; STUFFING</b> (3oz EP turkey, 2oz gravy, 1/4 c stuffing*) ½ cup green bean almondine ½ cup carrot coins 1.5oz ww roll**, pc marg ½ cup peach applesauce* 1 cup milk	<b>OVEN "FRIED" CHICKEN</b> (3oz EP chicken, 2 T panko*) ½ cup squash, carrot & zucchini ½ cup yellow sweet corn* 2 oz WW hamburger roll**, pc margarine ½ cup tropical fruit salad* 1 cup milk	<b>THYME AND TARRAGON BAKED FISH</b> (4oz EP tilapia) ½ cup seasoned new potatoes* ½ cup peas * 1 cup romaine lettuce, 1 T shredded carrots w 1 T Fat free italian 2 oz WW bread*, pc marg ½ cup peaches* 1 cup milk	<b>CHICKEN SALAD SANDWICH</b> (3oz EP chicken/½ cup) Lettuce leaf ½ cup marinated tomato, basil and onion salad 2 slice 7 grain bread* ½ cup tropical fruit salad* ½ cup Italian wedding soup, 2 crackers* 1 cup milk	<b>MEATLOAF WITH ONION GRAVY</b> (3oz EP ground beef, 1oz gravy) ½ cup scalloped potatoes* ½ cup peas * 2 oz WW bread**, pc marg ½ c mandarin oranges* 1 cup milk
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
<b>PESTO CHICKEN</b> (3oz EP chicken breast, 1T pesto sauce, 0.5oz PS mozz) ½ cup zucchini, carrot, yellow squash ½ cup rotini w diced tomatoes* 1oz whole wheat bread*, pc marg ½ cup mandarin oranges* 1 cup milk	<b>BEEF TACO</b> (2oz EP ground beef, ¼ c black beans, ¼ onions, tomatoes, 0.5ozcheddar/3/4cup)* Pc sourcream, ½ cup brown rice* ½ cup fiesta corn* 1 cup tossed salad (1 cup romaine, 1 slice cucumber and tomato, 1 T fat free ranch) 1 cup milk 6" WW tortilla*, ½ cup pineapples*	<b>BAKED ZITI</b> (3/4 c ziti noodle, 1/2 cup PS ricotta, 1oz PS mozz, 2oz sauce***) ½ cup garlic spinach with carrots ½ cup cauliflower 1oz 7 grain bread* ½ cup fruit cocktail* 1 cup milk	<b>CHICKEN CHOP SUEY</b> (3oz EP sliced chicken/1/2c, ½ cup celery, onion, snow peas, 1oz sauce) – heavy 1 cup estimate ½ cup steamed brown rice* ½ cup broccoli and carrots 1.5oz WW roll**, pc marg ½ cup pears* 1 cup milk	<b>VEGGIE DELUXE OMELET</b> (2oz Egg patty, 1oz swiss, ½ cup potatoes, peppers, onions, tomato, spinach*) ½ cup warm cinnamon & nutmeg spice peaches* ½ cup marinated green bean salad 1oz WW bread*, pc marg 1.5oz corn muffin ** 1 cup milk

# B.T.C. Food Service Menu

Menu as of November 2019

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
<b>TURKEY &amp; MUENSTER CHEESE SANDWICH</b> (1.5oz Turkey, 1.5oz cheese, 2oz WW hamburger roll**) Lettuce leaf, tomato slice ½ cup carrot raisin salad* ½ c applesauce*, Pc mustard ½ cup navy bean soup, 2 crackers* 1 cup milk	<b>BAKED FISH W MAC &amp; CHEESE with tomatoes</b> (3oz EP tilapia, ½c elbow noodles, 1 oz cheddar cheese, 1 oz diced tomatoes**) ½ cup green beans ½ cup health salad (cabbage, carrot, peppers) 1 slice WW bread*, pc marg ½ cup peaches*, 1 cup milk	<b>CHICKEN THIGH WITH BEANS AND WILTED GREENS</b> (3oz EP chicken thigh) ½ c beans and spinach greens*) ½ cup corn, carrots & red peppers* 2 oz WW bread**, pc margarine ½ cup pears* 1 cup milk	<b>BBQ CHEDDAR BURGER</b> (3oz EP ground beef, 0.5oz cheddar cheese) ½ cup sweet potato cubes* ½ cup sugar snap peas w red peppers* ½ c cucumber and onion salad 2oz WW hamburger roll** Pc bbq sauce, ½ cup fruit cocktail* 1 cup milk	<b>EGG SALAD PLATTER</b> (3 Whole eggs/1/2 c) lettuce leaf ½ cup marinated tomato & white bean salad* ½ c carrot, broccoli and craisin salad 1.5oz WW roll**, pc marg ½ cup cinnamon applesauce* ½ cup chicken noodle soup, 4 crackers*, 1 cup milk
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
<b>BEEF AND BROCCOLI</b> (3oz EP beef, 1oz sauce, ¼ c broccoli) ½ cup brown rice* ½ cup sesame cabbage and carrots 1.oz WW bread*, pc marg ½ cup pineapples* 1 cup milk	<b>ORANGE CHICKEN</b> (3oz EP chicken breast, 1oz glaze*) ½ cup brown rice w carrots and peas* ½ cup broccoli 1 oz ww bread**, pc marg ½ cup raspberry pears with crisp topping* 1 cup milk	<b>(Salisbury) STEAK WITH CAMELIZED ONIONS</b> (3oz EP Salisbury steak, ¼ C caramelized onions w au jus) ½ cup whipped potato & cauliflower* ½ cup mixed vegetable * 2oz rye bread*, marg ½ cup berry applesauce* 1 cup milk	<b>SLICED TURKEY W HERB POULTRY GRAVY &amp; STUFFING</b> (3oz EP turkey, 2oz gravy, 1/4 c stuffing*) ½ cup green bean almondine ½ cup carrot coins 1.5oz ww roll**, pc marg ½ cup peach applesauce* 1 cup milk	<b>TUNA SALAD PLATTER</b> (3oz EP tuna/1/2 c) ½ cup summer time salad (tomato, onion, green pepper, cucumber) 1.5oz WW roll**, pc marg ½ cup fruit cocktail* ½ cup tomato florentine with pasta soup, 4 crackers* 1 cup milk
Monday, March 16	St. Patrick's Day Meal	Wednesday, March 18	Thursday, March 19	Friday, March 20
<b>(1) MANICOTTI w MEATBALLS (2-1oz)</b> (1/4 cup PS ricotta, 1oz PS mozz, 2-1oz EP beef meatballs, 2oz tomato sauce, ½ c manicotti shell***) ½ cup warm cinnamon apples * ½ cup sautéed kale, spinach and diced carrots, 1oz WW bread* 1 pkt (14g) graham cracker* 1 cup milk	<b>HAM</b> (3oz pork ham) ½ c cabbage ½ c Carrots 2oz WW roll** 2oz carrot & raisin miniloaf** ½ c Irish Potato Soup* 4oz Apple Juice* 1 cup milk	<b>OVEN "FRIED" CHICKEN</b> (3oz EP chicken, 2 T panko*) ½ cup squash, carrot & zucchini ½ cup yellow sweet corn* 2 oz WW hamburger roll**, pc margarine ½ cup tropical fruit salad* 1 cup milk	<b>CHICKEN SALAD SANDWICH</b> (3oz EP chicken/½ cup) Lettuce leaf ½ cup marinated tomato, basil and onion salad 2 slice 7 grain bread* ½ cup tropical fruit salad* ½ cup Italian wedding soup, 2 crackers* 1 cup milk	<b>THYME AND TARRAGON BAKED FISH</b> (4oz EP tilapia) ½ cup seasoned new potatoes* ½ cup peas * 1 cup romaine lettuce, 1 T shredded carrots w 1 T Fat free italian 2 oz WW bread*, pc marg ½ cup peaches* 1 cup milk
Monday, March 23	Tuesday, March 25	Wednesday, March 26	Thursday, March 27	Friday, March 28
<b>BEEF TACO</b> (2oz EP ground beef, ¼ c black beans, ¼ onions, tomatoes, 0.5ozcheddar/3/4cup)* Pc sourcream ½ cup brown rice* ½ cup fiesta corn* 1 cup tossed salad (1 cup romaine, 1 slice cucumber and tomato, 1 T fat free ranch), 6" WW tortilla* ½ cup pineapples*, 1 cup milk	<b>PESTO CHICKEN</b> (3oz EP chicken breast, 1T pesto sauce, 0.5oz PS mozz) ½ cup zucchini, carrot, yellow squash ½ cup rotini w diced tomatoes* 1oz whole wheat bread*, pc marg ½ cup mandarin oranges* 1 cup milk	<b>VEGGIE DELUXE OMELET</b> (2oz Egg patty, 1oz swiss, ½ cup potatoes, peppers, onions, tomato, spinach*) ½ cup warm cinnamon & nutmeg spice peaches* ½ cup marinated green bean salad 1oz WW bread*, pc marg 1.5oz corn muffin ** 1 cup milk	<b>CHICKEN CHOP SUEY</b> (3oz EP sliced chicken/1/2c, ½ cup celery, onion, snow peas, 1oz sauce) – heavy 1 cup estimate ½ cup steamed brown rice* ½ cup broccoli and carrots 1.5oz WW roll**, pc marg ½ cup pears* 1 cup milk	<b>BAKED ZITI</b> (3/4 c ziti noodle, 1/2 cup PS ricotta, 1oz PS mozz, 2oz sauce***) ½ cup garlic spinach with carrots ½ cup cauliflower 1oz 7 grain bread* ½ cup fruit cocktail* 1 cup milk
Monday, March 30	Tuesday, March 31	NOTES		
<b>MEATLOAF WITH ONION GRAVY</b> (3oz EP ground beef, 1oz gravy) ½ cup scalloped potatoes* ½ cup peas * 2 oz WW bread**, pc marg ½ c mandarin oranges* 1 cup milk	<b>TURKEY &amp; MUENSTER CHEESE SANDWICH</b> (1.5oz Turkey, 1.5oz cheese, 2oz WW hamburger roll**) Lettuce leaf, tomato slice ½ cup carrot raisin salad* ½ c applesauce*, Pc mustard ½ cup navy bean soup, 2 crackers* 1 cup milk	<p>* 1 Carb choice                      ** 2 Carb choices                      8 oz 1% Milk* is offered every day                      Diet option for sweetened desserts - ½ c fruit*                      EP: Edible Portion                      Menu Subject to Change  <b>Meets PA dept of Aging and CACFP requirements</b></p>		
<h1>MARCH 2020</h1> 				