




# FAST LANE AT LONGDEN



FOR THE WEEK OF FEB 9-15

## MONDAY

### *Dinner*

Herbed Breaded Pork~Chops

  Roasted Rosemary Red Potatoes

  Steamed Corn

  Steamed Spinach

  Fresh Dinner Rolls

  Fried Vegan Tofu Stir Fry

## TUESDAY



### *Dinner*

Moussaka



Bulgarian Polenta

  Fresh Green Beans

  Fresh Corn

  Dill Biscuit

 Vegetarian Bulgarian Stuffed Peppers

Key	
	= Vegan
	= Vegetarian

## WEDNESDAY

### *Dinner*

Herb Crusted Fried Chicken

  Mashed Potatoes

Chicken Gravy

 Cauliflower with Cheese

 Vegetarian Fried Rice

  Escalloped Apple

## THURSDAY

### *Dinner*

Beef Stroganoff with noodles

 Fresh Broccoli Tempura

  Corn on the Cob

  Baked Potatoes

 Garlic Parmesan Breadstick

  Vegan Stuffed Green Peppers

## FRIDAY

### *Dinner*

Sloppy Joes

  Curly cut French Fries

 Baked Beans

  Fresh Steamed Broccoli


  Fresh Corn on the Cob

  Vegan Tofu Stir Fry

 Dinner Roll

## SATURDAY

### *Brunch*

 Blueberry Pancakes

Crispy Bacon

Biscuits with sausage gravy

 Scrambled Eggs with Cheddar Cheese

  Apple Cinnamon Muffins

  Home Fries


## SUNDAY

### *Dinner*

Flank Steak

 Fresh Dinner Rolls

  Mashed Red skin Potatoes

  Fresh Spinach

  Fresh Steamed Carrots

  Vegan Burritos