



FAST LANE AT LONGDEN

FOR THE WEEK OF MAY 4-8


MONDAY

Dinner

Seasoned Chicken with Gravy

  Soft Dinner Rolls


 Mashed Potatoes

  Fresh steamed broccoli

  Fresh steamed succotash

  Vegan stuffed green peppers

Key

 = Vegan

 = Vegetarian

TUESDAY

Dinner

Spaghetti with Meatballs

 Fettuccine Alfredo

  Vegetable stir Fry










 Garlic Bread

 Fresh steamed peas

 Vegetarian Chili







WEDNESDAY

Dinner

- Beef- Flank Steak
-   Oven Roasted Potatoes
-  Asiago Tomato Muffins
-   Fresh Green Beans
-   Baked Acorn Squash
-   Vegan Burritos

THURSDAY

Dinner

-  Macaroni and Cheese
-  Buttermilk Cornbread
- Pulled Pork
-   Vegan sautéed spicy vegetables
-   Corn on the Cob



FRIDAY


Dinner

Pollock with Tartar Sauce

  Fresh Corn on the Cob

 Soft Dinner Roll

  Boiled Red Potatoes

 Fresh Spinach with Garlic & Onion

  Vegan Stuffed Green Peppers