

This Week at...

# The Exchange



Day	Meal	Option	Daily Menus
			<i>(Lunch 11:00 a.m. – 2:00 p.m./ Dinner 2:00 p.m. – 10:00 p.m./ Late-Nite 10:00 p.m. – closing)</i>
Sunday	Dinner	#1	Orange Chicken, Veggie Fried Rice and Carrots
		#2	Bowtie Pasta w/ meat sauce
Sunday	Late-Nite	#1	Double Chili Dogs w/ Chips
		#2	Meatball Sub w/ Chips
Sunday	All Day	#3	Deli Options all Day...Sandwich du Jour is Beef & Cheddar Sliders <u>OR</u> a PB&J
Monday	Lunch	#1	Caribbean Jerk Pork, Beans and Rice
		#2	Chicken Tinga, Oven Fried Potatoes and Green Beans
Monday	Dinner	#1	Chicken Pot Pie w/ a Biscuit and Broccoli
		#2	Baked Ziti w. Italian Pasta Crumbles
Monday	All Day	#3	Deli Options all Day...Sandwich du Jour is Turkey & Provolone Hoagie <u>OR</u> a PB&J
Tuesday	Lunch	#1	Baked Ziti w/ meat sauce, Broccoli and a Breadstick
		#2	Pork Curry, Garlic Rice and Peas & Carrots
Tuesday	Dinner	#1	Chicken Fajita w/ Fixins'
		#2	Fettuccini Alfredo w/ Shrimp
Tuesday	All Day	#3	Deli Options all Day...Sandwich du Jour is Italian Chicken Sub <u>OR</u> a PB&J
Wednesday	Lunch	#1	Grilled Chicken, Mac & Cheese, Zucchini
		#2	Braised Beef, Roasted Potatoes and Steamed Broccoli
Wednesday	Dinner	#1	Thai Chicken Thighs, Jasmine Rice and Mixed Veggies
		#2	Penne Pasta Marinara w/ Meatballs
Wednesday	All Day	#3	Dei Options all Day...Sandwich du Jour is a Ham and Cheese Hoagie <u>OR</u> a PB&J
Thursday	Lunch	#1	Potato Pierogis, Grilled Chicken w/ White Sauce and Roasted Kale
		#2	Glazed Ham, Lyonnaise Potatoes and Roasted Carrots
Thursday	Dinner	#1	Scrambled Eggs, Waffle, Potatoes and Sausage Patty
		#2	Rigatoni Carbonara w/ Grilled Chicken
Thursday	All Day	#3	Deli Options all Day...Sandwich du Jour is an Italian Sub on Wheat <u>OR</u> a PB&J
Friday	Lunch	#1	Tuna Noodle Casserole w/ Roasted Vegetables
		#2	Grilled Adobo Chicken, Spanish Rice, Grilled Vegetables
Friday	Dinner	#1	Fish Vera Cruz, Potato Wedges, Sauteed Spinach
		#2	Tortellini Alfredo (Cheese) w/ Grilled Chicken
Friday	Late-Nite	#1	Chicken Quesadilla
		#2	BBQ Chicken Wings w/ Chips
Friday	All Day	#3	Deli Options all Day...Sandwich du Jour is a Chicken Cordon Blue Flatbread <u>OR</u> a PB&J
Saturday	Dinner	#1	Dijon Pork, Roasted Potatoes, Green Beans
		#2	Pasta w/ Clams and Red Sauce
Saturday	Late-Nite	#1	Wedge of Pepperoni Pizza (6 Cut)
		#2	Sausage, Egg & Cheese on an English Muffin
Saturday	All Day	#3	Deli Options all Day...Sandwich du Jour is a Tuna Salad Sandwich <u>OR</u> a PB&J
			<i>Options #1 and #2 come with Fruit, Cookie and Fountain Drink</i>
			<i>Option #3 comes with Fruit, Cookie, Chips and a Fountain Drink</i>