



Crestwood Weekly Rotating Menu March-June 2010



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 1	Breakfast	Belgian Waffle	Peameal Bacon Breakfast Bun	Western Egg Sandwich	Crestwood Stackers (english muffin with sausage and cheese)	Bacon Sandwich
	Available Daily: assorted fresh fruit, baked goods, yogurt, coffee, tea					
	Entrée 1 \$5	Stuffed cheese shells Whole wheat roll Tossed Salad	Soft Beef Taco Mexican Rice Fresh Mix Veg.	Assorted Meat Sub Veggie Sticks	B.B.Q Spare Ribs Roasted Potato Sweet Corn	Grilled Reuben Sandwich Krinkle cut potato Green Salad
	Entrée 2	Curried Chicken Jasmin Rice Mixed Veg.	Fusili with Vegetables with Marinara Sauce Chef Salad	Breaded Sole Mashed Potato Coleslaw	Teriyaki Chicken Basmati Rice Sweet Green Peas	Spaghetti with Meat Sauce Garlic Bread Green Salad
Available Daily: assorted fresh fruit, baked goods, healthy snacks, milk, water and juice						
	VEGETARIAN	Penne with Tomato Sauce Tossed Salad	Veggie Taco Mexican Rice Fresh Mix Veg.	Veggie Kebob Whole Grain Rice Coleslaw	Veggie Burger Ceasar Salad	Spaghetti with Tomato Sauce Green Salad
	Salads Grab N Go	Spring Mix	Romaine Salad	Tossed Salad	Spinach Salad	Caesar Salad
		Turkey Sandwich Hummus with Pitas Pizza Pizza	Submarines Veggie Spring Rolls Chicken Burger	Egg Salad Sushi Pizza Pizza	Chicken & Feta Wrap Sushi Cheeseburger	Chef's Choice Chef's Choice Chef's Choice
The Grab N Go area features freshly prepared quick and easy meal alternatives for students on the go!						



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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 2	Breakfast	BLT Breakfast Sandwich	French Toast	Sausage McMuffin	Pancake with syrup	Potato & Egg Wrap
	Available Daily: assorted fresh fruit, baked goods, yogurt, coffee, tea					
	Entrée 1 \$5	Grilled Chicken Fajita Corn Chips Salsa Corn & Peppers	Grilled Veg. & Tofu Wrap Mixed Veg.	Pasta with Veg. Garlic Bread Peas & Carrots	Stuffed Peppers Green Beans	Philly Steak on a Bun Ceasar Salad
	Entrée 2	Battered Haddock Potato Wedge Mixed Vegetables	Chicken Souvlaki Scented Rice Greek Salad	Sloppy Joe on a Bun Kettle Chips Garden Salad	Veal Parmesan Egg Noodles Cauliflower & Red Pepper	Stuffed Chicken Breast Roasted Potato Sweet Peas
	Available Daily: assorted fresh fruit, baked goods, healthy snacks, milk, water and juice					
	VEGETARIAN	Tofu Fajita Corn Chips Salsa Corn & Peppers	Grilled Veg. & Tofu Wrap Mixed Veg.	Pasta with Veg. Garlic Bread Garden Salad	Veg. Stuffed Peppers Green Beans	Cheese on A Bun Lettuce & Tomato Ceasar Salad
Salads Grab N Go	Spring Mix	Romaine Salad	Tossed Salad	Spinach Salad	Caesar Salad	
	Pizza Pizza Tuna Sandwich Hummus with Pitas	Chicken Burger Turkey with Swiss Veggie Spring Rolls	Pizza Pizza Egg Salad Sushi	Jamican Patty Grilled Veg Ciabatta Sushi	Chef's Choice Chef's Choice Chef's Choice	
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W e e k 3	Breakfast	Chorizo Sausage with Egg Wrap	Croissant Egg Sandwiches	English Muffin with Egg and Cheese	Whole Wheat Bagel Sandwich with Country Ham	Egg & Cheese Wrap
	Available Daily: assorted fresh fruit, baked goods, yogurt, coffee, tea					
	Entrée 1 \$5	Chicken Pot Pie Green Salad	Beef Macaroni Casserole Garlic Bread Sweet Corn	Cheese Ravioli Dinner Roll Tossed Salad	Cabbage Rolls Bread Sticks Steam Broccoli	Enchilladas Corn Chips Chef Salad
	Entrée 2	Sweet & Sour Meatballs Jasmin Rice Sweet Green Peas	Chicken Cacciatore Pasta Tossed Salad	Grilled Salmon Whole Grain Rice Coleslaw	Roasted Chicken Roasted Potato Steam Broccoli	Grilled Lamb Chop Couscous Fresh Grilled Veg.
	Available Daily: assorted fresh fruit, baked goods, healthy snacks, milk, water and juice					
	VEGETARIAN	Broccoli Quiche Green Salad	Falafel on Pita Garden Salad	Cheese Ravioli Dinner Roll Tossed Salad	Tofu Nuggets Roast Potato Peas & Carrots	Veggie Fajita Greek Salad
Salads	Spring Mix	Romaine Salad	Tossed Salad	Spinach Salad	Caesar Salad	
Grab N Go	Pizza Pizza Ham & Cheese Hummus with Pitas	Chicken Burger Turkey with Swiss Veggie Spring Rolls	Pizza Pizza Egg Salad Sushi	Cheeseburger Tofu Burger Sushi	Chef's Choice Chef's Choice Chef's Choice	
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