



## **BARD MEAL PLAN MENU SPRING 2015**

### **#1 Monday, January 26, 2015**

Chicken w/Lemon Caper Sauce

Brown Rice

Roasted Brussel Sprouts

### **#2 Tuesday, January 27, 2015**

Grilled Flank Steak w/Mushroom Sauce

Mashed Potatoes

Sauteed Spinach

### **#3 Thursday, January 29, 2015**

Grilled Salmon

Wild Rice Pilaf

Broccoli Rabe

### **#4 Monday, February 2, 2015**

**\*\*\*BREAKFAST THEME NITE\*\*\***

French Toasts

Home Fried Potatoes

Scrambled Eggs w/Chives

Pork Bacon & Turkey Sausages

Breakfast Pastries

Oatmeal w/Brown Sugar, Nutmeg, Cinnamon & Raisins

### **#5 Tuesday, February 3, 2015**

Chicken Francaise

Whole Wheat Pasta w/Herbs & Olive Oil

Steamed Broccoli

#6 Thursday, February 5, 2015

Baked Tilapia  
Egg Noodles  
Mixed Vegetables

#7 Monday, February 9, 2015

\*\*\*WASHINGTON HEIGHTS LATIN THEME\*\*\*

Baked Chicken  
Arroz con Gandules  
Sweet Plantains  
Sweet Corn

#8 Tuesday, February 10, 2015

Chicken w/Vodka Sauce  
Penne Pasta  
Steamed String Beans

#9 Thursday, February 12, 2015

\*\*\*VALENTINE'S DAY THEME\*\*\*

Prime Rib  
Garlic Mashed Potatoes  
Steamed Asparagus

#10 Tuesday, February 17, 2015

\*\*\*MARDI GRAS (FAT TUESDAY) THEME\*\*\*

Jambalaya  
Brown Rice  
Sauteed Collard Greens, Kale & Okra

#11 Thursday, February 19, 2015

\*\*\*CHINESE NEW YEAR THEME\*\*\*

General Tso Chicken  
Fried Rice  
Oriental Blend Mixed Vegetables  
Soup: Wonton

#12 Monday, February 23, 2015

Grilled Pollock w/Lemon & Butter Sauce  
Rice Pilaf  
Peas w/Pearl Onions

#13 Tuesday, February 24, 2015

BBQ Baked Chicken  
Jasmine Rice  
Mixed Vegetables

#14 Thursday, February 26, 2015

Beef Stew  
Roasted Potatoes  
Roasted Carrots

#15 Monday, March 2, 2015

Chicken Parmesan  
Pasta w/Herbs & Olive Oil  
Steamed Broccolini

#16 Tuesday, March 3, 2015

\*\*\*TACO THEME NITE\*\*\*

Seasoned Ground Beef  
Refried Beans  
Spanish Yellow Rice  
Sweet Corn  
Toppings: Salsa, Sour Cream, Guacamole, Shredded Cheese, Lettuce, Tomatoes & Diced Red Onions

#17 Thursday, March 5, 2015

Fried Chicken  
Mac & Cheese  
Steamed Cauliflower

#18 Monday, March 9, 2015

Grilled Salmon  
Saffron Rice  
Steamed Vegetables

#19 Tuesday, March 10, 2015

\*\*\*BBQ THEME NITE\*\*\*

Beef Hamburger & Beef Hotdogs

Curly Fries

Corn on the Cobb

Relish Tray w/Condiments

Watermelons

Vegetarian: Veggie Burgers

#20 Thursday, March 12, 2015

Italian Meatballs w/Marinara Sauce

Whole Wheat Pasta

Steamed Broccoli

#21 Monday, March 16, 2015

Ribeye Steak

Brown Rice Pilaf

Steamed Cauliflower

#22 Tuesday, March 17, 2015

\*\*\*ST. PATRICK'S DAY THEME\*\*\*

Corn Beef

Roasted Potatoes

Cabbage

Irish Soda Bread

#23 Monday, March 30, 2015

Herb Crusted Tilapia w/White Wine Sauce

Jasmine Rice

Steamed Asparagus

#24 Tuesday, March 31, 2015

Pepper Steak w/Onions

Mashed Potatoes

Steamed Mixed Vegetables

#25 Thursday, April 2, 2015

Chicken Cacciatore  
Couscous  
Steamed Broccolini

#26 Monday, April 6, 2015

Pollo Guisado (Latin Style Chicken)  
Spanish Rice  
Steamed String Beans

#27 Tuesday, April 7, 2015

Baked Hake  
Rice Pilaf  
Lima Beans

#28 Thursday, April 9, 2015

\*\*\*TACO THEME NITE\*\*\*

Seasoned Ground Beef  
Refried Beans  
Spanish Yellow Rice  
Sweet Corn  
Toppings: Salsa, Sour Cream, Guacamole, Shredded Cheese, Lettuce, Tomatoes & Diced Red Onions

#29 Monday, April 13, 2015

Adobo Chicken (Filipino Chicken)  
White Rice  
Brussel Sprouts

#30 Tuesday, April 14, 2015

\*\*\*WASHINGTON HEIGHTS LATIN THEME\*\*\*

Baked Chicken  
Arroz con Gandules  
Sweet Plantains  
Sweet Corn

#31 Thursday, April 16, 2015

Chicken Madeira  
Saffron Rice  
Steamed Cauliflower

#32 Monday, April 20, 2015

Teriyaki Beef  
Basmati Rice  
Roasted Vegetables

#33 Tuesday, April 21, 2015

\*\*\*BBQ THEME NITE\*\*\*

Beef Hamburger & Beef Hotdogs  
Curly Fries  
Corn on the Cobb  
Relish Tray w/Condiments  
Watermelons  
Vegetarian: Veggie Burgers

#34 Thursday, April 23, 2015

Baked Pollock  
Jasmine Rice  
Sauteed Spinach

#35 Monday, April 27, 2015

Herb Crusted Chicken  
Wild Rice  
Steamed Broccolini

#36 Tuesday, April 28, 2015

Italian Meatballs w/Marinara Sauce  
Spaghetti  
Sweet Peas

#37 Thursday, April 30, 2015

\*\*\*BREAKFAST THEME NITE\*\*\*

French Toasts

Home Fried Potatoes

Scrambled Eggs w/Chives

Pork Bacon & Turkey Sausages

Breakfast Pastries

Oatmeal w/Brown Sugar, Nutmeg, Cinnamon & Raisins

#38 Monday, May 4, 2015

Grilled Salmon

Basmati Rice

Steamed Asparagus

#39 Tuesday, May 5, 2015

\*\*\*CINCO DE MAYO THEME\*\*\*

Mexican Chicken Ranchero (Sauce consists of roasted tomatoes, chiles, garlic & spices)

Mexican Rice

Sweet Corn

Dessert: Tres Leches Cake w/Pineapple Filling

#40 Thursday, May 7, 2015

Beef Stroganoff

Egg Noodles

Roasted Brussel Sprouts