

St. Luke's Green Cuisine

Week One Lunch

Monday

Pot Roast

Roasted Red Idaho Potatoes & Roasted Carrots

Bigwood French Roll

Escarole & Bean Pizza

Soup: Butternut Squash Soup

Salads: Creamy Coleslaw

Dessert: Cranberry Cherry Crumble

Tuesday

Carne Asada with Fresh Pico de Gallo

Polenta with Green Chilies & Cheese

Grilled Wild Halibut with Orange Pineapple Salsa

Grilled Sesame Green Beans

Breadstick

Soup: Roasted Tomato

Salad: Black Bean & Corn or Cranberry Brown Rice Salad

Dessert: Homemade Wheat Brownie

Wednesday

Thai Pasta with Snap Peas

Roasted Seasoned Carrots

Spinach Stuffed Chicken Breast with Cranberry Apple Glaze

Wheat Roll

Salad: Baked Barley

Soup: Homemade Cream Of Potato

Dessert: Homemade Apple Crisp

Thursday

Baked Idaho & Sweet Potato Bar

Wild Fish Tacos

Red Beans & Rice

Soup: Winter Vegetable & Bean Soup with Pesto

Salad: Curried Turkey Salad

Dessert: Homemade Cheesecake

Friday

Lemony Shrimp Penne Pasta with Fresh Spinach

Baked Winter Squash

Dijon Crusted Chicken Breast

Roasted Root Vegetables

Bigwood French Roll

Soup: Homemade Clam Chowder

Salad: Lentil with Mint & Ginger

Dessert: Homemade Oatmeal Chocolate Chip Cookie