

Hendrick House Catering



Early Childhood Development Laboratory 4 Week Menu

3rd Quarter 2023 (July 1 - Sep. 30)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
7/03 - 7/07 Closed Tues. 7/4 7/31 - 8/04 8/28 - 9/1 9/25 - 9/29	Grilled Chicken Mashed Potatoes Apple Slices Whole Grain Dinner Rolls	Turkey Sandwich on Whole Grain Bread Sweet Potato Fries Pineapple	Sloppy Joe w/ Whole Grain Bun Tater Tots Applesauce	Whole Grain Chicken Nuggets Green Beans Peaches	Whole Grain Flatbread Pizza Green Salad Mandarin Oranges
Vegan	Vegan Grilled Tofu	Vegan Hummus & Cucumber Sandwich	Plant Based Protein Sloppy Joes	Vegan W.G. Chicken Nuggets	Vegan Pizza
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
7/10 - 7/14 8/07 - 8/11 Closed 9/04 - 9/08 Closed Mon.	Sweet & Sour Chicken Steamed Rice Sliced Peaches	Chicken Tacos w/Whole Grain Tortilla Salsa Refried Beans Diced Mango	Beef Cheeseburger w/ Whole Grain Bun Green Beans Bananas	Whole Grain Turkey Wrap Steamed Peas Apricot Halves	Chicken & W.G. Rice Casserole Chicken & W.G. Noodles for I/T Cauliflower Honeydew
Vegan	Vegan Meatballs	W.G. Vegan "Chick'n" & Cheese Quesadilla	Black Bean Burger	Van Tofu Wrap	W.G. Vegan "Chick'n" Casserole
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
7/17 - 7/21 8/14 - 8/18 Closed 9/11 - 9/15	W. G. Spaghetti in Meat Sauce Roasted Carrots Bananas	Roast Beef & Cheddar on Whole Grain Bun Fries Watermelon	Turkey Sausage O'Brien Potatoes Whole Wheat Toast Diced Peaches	Roasted Chicken Squash & Zucchini Diced Pears Whole Grain Dinner Roll	Meatloaf Broccoli Applesauce W.G. Dinner Roll
Vegan	W.G Spaghetti w/ Plant Based Protein Marinara	Tofurkey & Vegan Cheese Sandwich on W. G. Bread	Vegan Sausage	Herb Seasoned Tofu	Vegan Roasted Mushrooms
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
7/24 - 7/28 8/21 -8/25 9/18 -9-22	Teriyaki Chicken Whole Grain Stir Fry Noodles Peas Mandarin Oranges	Turkey Breast Green Beans Pineapple W. G. Dinner Roll	Chicken Alfredo w/ W. G. Pasta Peas & Carrots, Mixed Fruit	Salisbury Steak Asparagus Diced Mango W.G. Dinner Roll	Turkey Tetrazzini w/ Whole Grain Spaghetti Butternut Squash Apple Slices
Vegan	Teriyaki Jackfruit	Tofurkey	W.G. Vegan "Chick'n" Alfredo	Portobella	Plant Based Protein Tetrazzini w/ W.G. Spaghetti