

# Hendrick House Catering



## Early Childhood Development Laboratory 4 Week Menu

1st Quarter 2024 (Jan. 1 - Mar. 31)

Week 1	Mondav	Tuesdav	Wednesday	Thursday	Friday
1/1 - 1/5 (Closed Mon. 1/1) 1/29 - 2/2 2/26 - 3/1 3/25 - 3/29	Sweet and Sour Chicken W. G. Noodles Broccoli Mandarin Oranges	Chicken Fajitas <b>NO ONIONS OR PEPPERS</b> w/ Whole Grain Tortillas Pinto Beans Pineapple	Beef & Cheddar Pasta Bake w/ Whole Grain Pasta Steamed Carrots Banana	Turkey Burgers w/ Swiss Cheese on whole Grain Bun French Fries Apple Slices <b>Diced Pears I/T</b>	Chicken & Gravy Green Beans Pineapple Tidbits W.G. Rolls
Vegan	Sweet & Sour Chikn' w/ W.G. Noodles	Vegan Plant-Based Chik'n Fajitas w/ W,G Tortilla	Vegan Plant Based Protein Pasta Bake w/ Vegan Cheese & W.G. Pasta	Garden Burgers on W.G. Bun	Vegan Chikn' & Gravy W.G. Rolls
Week 2	Mondav	Tuesday	Wednesday	Thursday	Friday
1/8 - 1/12 2/5 - 2/9 3/4 - 3/8	W.G. Spaghetti w/ Beef Meat Sauce Roasted Zucchini Pears	Roast Beef & Cheddar on W. G. Bun Potato Wedges Diced Peaches	Breakfast: Turkey Sausage Potatoes O'brien Mandarin Oranges W.G. Toast	Whole Grain Chicken Nuggets Carrot Medallions Applesauce	Grilled Cheese Sandwich on Whole Grain Bread Steamed Broccoli Bananas
Vegan	W.G. Spaghetti w/ Vegan Meatbals	Vegan Turkey & Cheddar on W.G. Bun	Vegan Sausage W.G. Toast	W.G. Plant Based Nuggets	Vegan Grilled Cheese on W.G. Bread
Week 3	Mondav	Tuesday	Wednesday	Thursday	Friday
1/15 - 1/19 (Closed Mon. 1/15) 2/12 - 2/16 3/11 - 3/15	W.G. Macaroni and Cheese Green Beans Pineapple Tidbits	Beef Tacos w/ Whole Grain Tortilla Roasted Sweet Potatoes Mango	Sliced Turkey Cheese W.G. Crackers Broccoli Apricot Halves	Chicken Fried W. G. Rice Stir Fry Vegetables Mandarin Oranges	Whole Grain Chicken Strips Peas Pears
Vegan	Vegan W.G. Macaroni and Cheese	Plant Based Protein Tacos W.G. Tortilla	Tofurkey, Vegan Cheese, W.G. Crackers	Vegan "Chick'n" Fried W.G. Rice	Plant Based W.G. Nuggets
Week 4	Mondav	Tuesday	Wednesday	Thursday	Friday
1/22 - 1/26 2/19 - 2/23 3/18 - 3/22	Roasted Chicken Breast W.G. Rice Roasted Carrots Fresh Melon	Herbed Turkey Roasted Cauliflower Diced Pineapple W.G. Dinner Roll	Chicken Alfredo w/ W.G. Pasta Broccoli Applesauce	Cheeseburger on W.G. Bun Sweet Potato Fries Peaches	W.G. Cheese Pizza Green Beans Tropical Fruit
Vegan	Vegan Chikn Cutlet w/ W.G. Rice	Vegan Herbed Turkey W.G. Dinner Roll	Vegan Chik'n" Alfredo w/ W.G. Pasta	Garden Burger on W.G. Bun	Vegan W.G. Cheese Pizza