



The Pointe Daily Menu F&W 2018

<p>WK-3 Lunch</p>	<p>Sunday (9-16) ***** Pot Roast ***** Sides Mash Potato California vegetable Dinner Roll Ice Cream</p>	<p>Monday (9-17) ***** Country Fried Steak ***** Sides Boiled Potatoes Glaze Carrots Tapioca Pudding W/Topping</p>	<p>Tuesday (9-18) ***** Pepper Steak ***** Sides Steamed Rice Grilled Veggie Whole Wheat Bread Blue Berry Pie</p>	<p>Wednesday (9-19) ***** Roast Turkey ***** Sides Mash potatoes Sweet Peas Dinner Rolls Peaches W/Topping</p>
<p>Dinner</p>	<p>Chicago Style Hot Dogs ***** Sides French Fries Broccoli Salad Mandarin Oranges Beef and Barley Soup</p>	<p>Chicken Caesar Salad ***** Sides French Bread Choice of Dressing Cantaloupe Chicken Noodle Soup</p>	<p>Honey Ham On Kaiser Rolls ***** Sides Potato Chips Three Bean Salad Watermelon Vegetable Rice Soup</p>	<p>Polish Sausage on Bun ***** Sides Onion Rings Pasta Salad Chocolate Cake Cream of broccoli Cheese</p>

Lunch	<p>Thursday (9-20) ***** Fried Chicken ***** Sides Steak Fries Creamy Cole Slaw Whole Wheat Bread Ice cream</p>	<p>Friday (9-21) ***** Crab Cakes ***** Sides Garlic Parmesan Potatoes Mixed Vegetables Rye Bread Fruit Cobbler</p>	<p>Saturday (9-22) ***** H M Salisbury Steak ***** Sides Mashed Potatoes Fresh Broccoli Pound Cake W/Strawberry Topping</p>
	Dinner	<p>Sloppy Joe on Bun ***** Sides Sweet Potato Fries Three Bean Salad Assosted Dessert</p> <p>Chunky Vegetable Soup</p>	<p>Italian Sausage ***** Sides Macaroni & Cheese Stewed Tomatoes W/Zucchini Fresh Dinner Roll Tropical Fruit</p> <p>Spilt Pea Soup</p>



Food with high salt content



Heart Healthy

Menu subject to change.