

**MOUNT VERNON TOWERS DINNER MENU**

<b>SUNDAY</b> 1/9/2005	<b>MONDAY</b> 1/10/2005	<b>TUESDAY</b> 1/11/2005	<b>WEDNESDAY</b> 1/12/2005	<b>THURSDAY</b> 1/13/2005	<b>FRIDAY</b> 1/14/2005	<b>SATURDAY</b> 1/15/2005
<b><u>APPETIZERS</u></b> CHICKEN AND RICE SOUP SALAD BAR CORNBREAD SALAD GELATIN FRESH FRUIT	<b><u>APPETIZERS</u></b> VEGETABLE BEEF SOUP SALAD BAR PINEAPPLE SALAD GELATIN FRESH FRUIT	<b><u>APPETIZERS</u></b> TOMATO SOUP SALAD BAR MOLDED CRANBERRY SALAD GELATIN FRESH FRUIT	<b><u>APPETIZERS</u></b> NAVY BEAN SOUP SALAD BAR CARROT RAISIN SALAD GELATIN FRESH FRUIT	<b><u>APPETIZERS</u></b> CHICKEN NOODLE SALAD BAR AMBROSIA SALAD GELATIN FRESH FRUIT	<b><u>APPETIZERS</u></b> SPLIT PEA SALAD BAR COLE SLAW GELATIN FRESH FRUIT	<b><u>APPETIZERS</u></b> SEAFOOD CHOWDER SALAD BAR CUCUMBER & ONION SALAD GELATIN FRESH FRUIT APPLESAUCE
<b><u>ENTREES</u></b> CARVED TOM TURKEY BAKED TALAPIA BACON & CHEESE QUICHE	<b><u>ENTREES</u></b> SLICED ROAST BEEF JAMBALAYA VEGETABLE LASAGNA	<b><u>ENTREES</u></b> MEATLOAF LIVER AND ONIONS GRILLED CHICKEN BREAST	<b><u>ENTREES</u></b> FRIED CHICKEN BEEF BURGUNDY SAUSAGE AND PEPPERS	<b><u>ENTREES</u></b> SLICED HAM BAKED RED SNAPPER BAKED CHICKEN	<b><u>ENTREES</u></b> FRIED PERCH W HUSH TURKEY TETRAZZINI PEPPER STEAK	<b><u>ENTREES</u></b> SWEET AND SOUR PORK CHICKEN TENDERS BAKED SALMON
<b><u>SIDE DISHES</u></b> DRESSING RICE PILAF BABY LIMA BEANS BROCCOLI OKRA AND TOMATOES FRIED EGG PLANT	<b><u>SIDE DISHES</u></b> MASHED POTATOES FETTUCCHINI NOODLES GREEN BEANS FRIED OKRA HONEY GLAZED CARROTS STEAMED ZUCCHINI	<b><u>SIDE DISHES</u></b> MACARONI AND CHEESE CORN BUTTERBEANS SPINACH ITALIAN BLEND CHEFS CHOICE	<b><u>SIDE DISHES</u></b> MASHED POTATOES EGG NOODLES STEAMED BROCCOLI SQUASH SOUFFLE SAUTEED MUSHROOMS ITL GREEN BEANS	<b><u>SIDE DISHES</u></b> SWEET POTATOES RICE PILAF BLACK EYED PEAS LIMA BEANS CALIFORNIA BLEND CHEFS CHOICE	<b><u>SIDE DISHES</u></b> STEAK FRIES RICE BAKED TOMATO CARROTS STIR FRY VEGETABLES COLLARD GREENS	<b><u>SIDE DISHES</u></b> BAKED POTATOES STEWED APPLES GARDEN PEAS FRENCH GREEN BEANS FRIED OKRA MIXED VEGETABLES
<b><u>BREAD</u></b> YEAST ROLLS CORNBREAD	<b><u>BREAD</u></b> DINNER ROLLS CORNBREAD MUFFINS	<b><u>BREAD</u></b> RANCH ROLLS CORNBREAD MUFFINS	<b><u>BREAD</u></b> DINNER ROLLS BISCUITS	<b><u>BREAD</u></b> BISCUITS CORNBREAD MUFFINS	<b><u>BREAD</u></b> PETITE ROLLS CORNBREAD	<b><u>BREAD</u></b> YEAST ROLLS FRUIT MUFFINS
<b><u>DESSERTS</u></b> NSA APPLE PIE PECAN PIE CHEESE CAKE ICE CREAM SHERBET YOGURT	<b><u>DESSERTS</u></b> NSA CHERRY PIE COCONUT CREAM PIE MARBLE CAKE ICE CREAM SHERBET YOGURT	<b><u>DESSERTS</u></b> SF WHITE CAKE LEMON MERINGUE BROWNIE ICE CREAM SHERBET YOGURT	<b><u>DESSERTS</u></b> SF CARROT CAKE EGG CUSTARD RED VELVET CAKE ICE CREAM SHERBET YOGURT	<b><u>DESSERTS</u></b> SF CHOCOLATE CAKE APPLE PIE BOSTON CREAM PIE ICE CREAM SHERBET YOGURT	<b><u>DESSERTS</u></b> NSA PEACH PIE CHOCOLATE CREAM PIE BANANA NUT BREAD ICE CREAM SHERBET YOGURT	<b><u>DESSERTS</u></b> LO CAL CHEESE CAKE PECAN PIE CHOCOLATE CHIP COOKIES ICE CREAM SHERBET YOGURT

SCANDINAVIAN BLEND  
ITALIAN BLEND  
CALIFORNIA BLEND

CARROTS ZUCCHINI PEAS ONIONS  
SQUASH ZUCCHINI CARROTS BEANS  
BROCCOLI CAULIFLOWER CARROTS

STIR FRY  
CAPRI

CARROTS, GREEN PEPPERS, RED PEPPERS, MUSHROOMS,  
BROCCOLI, AND GREEN BEANS  
CARROTS, SQUASH, CAULIFLOWER, AND BROCCOLI

Half portion sizes available for those who would like smaller portions