



PROJECT HOST

USING FOOD AS A TOOL TO NOURISH THE HUNGRY AND TRAIN THE UNEMPLOYED.

Sample Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Goldfish and Raisins	Hummus and Baby Carrots	Pretzels and Applesauce	Chex Mix and Raisins	Wheat Thins and String Cheese

Sample Supper Menu

Monday 01/04	Tuesday 01/05	Wednesday 01/06	Thursday 01/07	Friday 01/08
Orzo and Vegetable Past Salad	Pork Carnitas, Beans, Corn Chips	Green Chili Chicken and Rice	Turkey Chili and Corn Bread	Cobb Salad with Chicken
Monday 01/11	Tuesday 01/12	Wednesday 01/13	Thursday 01/14	Friday 01/15
French Toast Sticks, Fruit Compote, Boiled Egg, Crunchy Pear and Celery Salad	Meatball Sub and Green Salad	Cuban Soup with Vegetables, Corn Muffin	Sausage, Potato, and Kale Casserole	Club Sandwich Wrap with Orzo Salad
Monday 01/18	Tuesday 01/19	Wednesday 01/20	Thursday 01/21	Friday 01/22
Mushroom Risotto and Green Salad with Ranch Dressing	Chicken Adobo and Brown Rice	Turkey and Broccoli Macaroni	Chicken Terriyaki with Vegetables, Rice	BLT Wrap and Pasta Salad
Monday 01/25	Tuesday 01/26	Wednesday 01/27	Thursday 01/28	Friday 01/29
Vegetarian Lasagna, Caesar Salad with Croutons, Caesar Dressing	Kafta Kebab and Tabouleh	Turkey Taco, Beans and Rice	Greek Chicken Salad	Cheese Burger and Sweet Potato Fries

Supper will be served with 8oz milk and fresh fruit.