

February 1, 2012

Valhalla Lunch Menu

Bread & Butter Served With All Meal Menu is subject to change – If you have a food allergy, please speak to the manager , chef or server

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 4 – oz Fresh Tuna Fish 1 – Sandwiches Roll 4 – oz Garden Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	02 4 – Chicken Cacciatore 4 – oz Ziti Noodles 4 – oz House Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	03 1 – Jamaican Beef Patty 1 – Coco Bread 4 – oz Bella Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	04 4 – oz Cheese Berger 4 – oz Bake French Fries 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk
05 4 – oz Chicken Finger 4 – oz Tossed Salad 2 – Dinner Rolls 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	06 4 – Sloppy Joe w/ Cheese 1 – Ham Berger Bun 4 – oz Garden Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	07 4 – oz Chicken Wing Ding 4 – oz Bake French Fries 4 – oz Bella Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	08 4 – oz It Sausages w/ Sauce 4 – oz Ziti Noodles 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	09 4 – oz Caesar Salad 4 – oz Grill Chicken 2 – Dinner Rolls 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	10 4 – oz Fry Fish w/ Onions 4 – oz Macaroni & Cheese 4 – oz Bella Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	11 4 – oz Roast Beef w / Gravy 4 – oz French Fries 4 – oz Garden Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk
12 4 – oz Chicken Nuggets 4 – oz Mozzarella Sticks 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	13 4 – oz Macaroni & Beef 1 – Slice Garlic Bread 4 – oz Garden Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	14 4 – oz BBQ Hot Wings 4 – oz White Rice 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	15 4 – oz Chilly w/ Beans 4 – oz White Rice 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	16 4 – oz Slice Turkey w/Gravy 4 – oz Stove Top Stuffing 4 – oz Seasoned Cut Beans 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	17 4 – Bake Fish w/ Lemon 4 – oz Bake Potato w/ Sour Cream 4 – oz Garlic Broccoli 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	18 4 – oz Ham Berger Helper 1 – Coco Bread w/ Cheese 4 – oz Antipasto Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk
19 4 – oz Taco / Beef / Turkey 4 – oz Bake Fries 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	20 4 – oz Chicken Fajita Wraps 4 – oz Mozzarella Sticks 4 – oz House Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	21 4 – oz Hot Roast Beef w/ Gr 4 – oz French Fries 4 – oz Garden Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	22 4 – oz Bake Chicken 4 – oz Seasoned Corn 4 – oz House Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	23 4 – oz Meat Balls 4 – oz Macaroni & Chee 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	24 4 – oz Stuff Fish w Spinach 4 – oz Yellow Rice 4 – oz Fresh Fruit 4 – oz Tossed Salad 6 – oz Fruit Juice 8 – oz 1 % Milk	25 2 – Slice Cheese / PP / Pizza 4 – oz Bake Fries 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk
26 4 – oz Caesar Salad 4 – oz Grill Chicken 1 – Dinner Roll 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	27 4 – oz Bake Ziti w/ Cheese 4 – oz BBQ Chicken 4 – oz House Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	28 4 – oz Grill Turkey Berger 4 – oz Mozzarella Sticks 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk	29 4 – oz Beef Stew w/ Veg 4 – oz Season Mash Potato 4 – oz Tossed Salad 4 – oz Fresh Fruit 6 – oz Fruit Juice 8 – oz 1 % Milk			

--	--	--	--	--	--	--