January 2022

ELYSIAN LUNCH MENU

DEADLINE: Tuesday, December 28, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY.
Baked Chicken Patty	Chicken w/ Alfredo	Baked Ziti Broc	Grilled Cheese onWW	Whole Wheat Pizza
Bean & Cheese Burrito	DF- Diced Chicken w/ Gravy	DF - Pasta w/ Sauce	DF - Sliced Turkey w/ Gravy	DF - Hamburger on WW Bun
	Grilled Cheese Sand	Veggie Burger w/ WW Bun	Cheese Quesidilla	
3	4	5	6	7
Lean Beef Nachos w/ Cheese	Chicken Nuggets (5)	Meatballs w/ Marinara & Bun	Diced Chicken w/ Gravy	WW Pizza
Lean Beef Nachos w/ no Cheese	Grilled Cheese Sand	Veggie Burger w/ WW Bun	WG Cheese Quesadilla	DF - Pasta w/ Sauce
Bean & Cheese Burrito				
10	11	12	13	14
	Crispy Chicken Breast on Bun	Beef Chili w/ Red Beans	Waffle, Turkey Sausage & Diced Potatoes	WW Pizza
CLOSED MLK DAY	WG Grilled Cheese Sand	Veggie Burger on WW Bun		DF - Hamburger on WW Bun
			WG Cheese Quesadilla	
17	18	19	20	21
Sliced Turkey w/ Gravy	Baked Chicken Patty on bun	Cheese Ravioli w/ Marinara	Hamburger on WW Bun	WW Pizza
DF - Turkey w/ mixed veggies	Grilled Cheese Sand	 Pasta w/ Meatballs 	WG Cheese Quesadilla	DF -Sliced Turkey w/ Gravy
Bean & Cheese Burrito		Veggie Burger on WW Bun		
24	25	26	27	28
Beef & Cheese Burrito				
DF - Baked Chicken Patty on Bun				
Bean & Cheese Quesadilla 31				