

Week 1					
VILLA COLOMBO MOW SUMMER /FALL 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	July 20, Aug 10, Aug 31, Sept 21, Oct 12,Nov 2, Nov 23, Dec 14,	July 21,,Aug 11, Sept 1,Sept 22, Oct 6, Oct 13, Nov 3, Nov 24, Dec 15,	July 22,Aug 12, Sept 2,Sept 23, Oct 7, Oct 14, Nov 4, Nov 25, Dec 16	July 23,Aug 13, Sept 3, Sept 24, Oct 8,Oct 15, Nov 5, Nov 26, Dec 17	July 24,Aug 14, Sept 4,Sept 25, Oct 9, Oct 16, Nov 6, Nov 27, Dec 18
LUNCH	Pastina Con Piselli	Cheese Tortellini Al Sugo	Mushroom, Squash & Pea Risotto	Country Bean & Vegetable Soup	Fussilli with Primavera aglio Olio
	Grilled Chicken Piccata	Hamburgar Parmesan	Breaded Pork Cutlet with Saute Onion & Peppers	Meatballs Al Sugo	Fish with Tomato & Olives
	Fine Green Beans	Peas & Onion	Cauliflower	Root Vegetable	Broccoli
	Roast Parisian Potato	Mexican Mix Vegetable	Pick of the Day	Fine Green Beans	Butternut Squash
	Italian Bun/ Sliced Bread	Italian Bun/ Sliced Bread	Italian Bun/ Sliced Bread	Italian Bun/ Sliced Bread	Italian Bun/ Sliced Bread
	Pear	Nectarine	Banana	Orange	Apple
	OR	OR	OR	OR	OR
	Pasta Aliglio Olio	Stracciatella	Vegetable Noodle Soup	Farfale Al Sugo	Cauliflower & Rice Soup
	Western Frittata	Oven Baked Fish with Lemon & Dill	Oven Roast Chicken	Turkey Snitzle with Ham & Cheese	Roast Paprika Chicken
	Saute Rapini	Broccoli	Potato Wedges	Yellow & Green Zucchini	Turnip & Carrot
					OR
					Suffed Peppers
					Mash Potato

Note: All vegetables are 4 oz portion size. Seasonal fruit available upon market availability.

Note: All proteins are 90 gms

Note: On Friday more than 2 meals ordered will receive the third choice.

Week 2 VILLA COLOMBO MOW Summer Fall 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	July 27, Aug 17, Sept 7, Sept 28, Oct 19, Nov 2, Nov 23, Dec 14	July 28, Aug 18, Sept 8, Sept 29, Oct 20, Nov 3, Nov 24, Dec 15	July 29, Aug 19, Sept 9, Sept 30, Oct 21, Nov 4, Nov 25, Dec 16	July 30, Aug 20, Sept 10, Oct 1, Oct 22, Nov 5, Nov 26, Dec 17	July 31, Aug 21, Sept 11, Oct 2, Oct 23, Nov 6, Nov 27, Dec 18
MOW	Vegetable Barley Soup	Chicken Vegetable Noodle	Penne Aglio Olio	Butternut Squash Soup	Fussilli with Tuna, Olives & Tomato Aglio Olio
	Chicken Wings	Cheese Cannelloni	Braised Italian Sausage Patty Apritada	Overn Roast Chicken	Rollatini Pesce with Roasted Cherry Tomato
	Italian Blend Vegetable	Cauliflower	Rice Pilaf	Turnip & Peas	Tomato Cauliflower
	Red Skin Potato	Peas & Onion	Saute Spinach & Onion	Brussel sprouts	Green and Yellow Zucchini
	Italian Bun	Italian Bun	Italian Bun	Italian Bun	Italian Bun
	Apple	Banana	Fresh Pear	Fresh Peach	Orange
	OR	OR	OR	OR	OR
	Fusilli Bolognese	Farfalle Al Sugo	Vegetable Soup	Cheese Tortellini	Chicken Noodle Soup
	Baked Sole with Lemon Herb	Turkey Cordon Blue Meatloaf	Quiche Loraine	Lamb Hash	Roast Chicken
	Rapini	Broccoli	Root Vegetable	Fine Green Beans	OR
					Burger with Marinara
					Mash Potato/ Sliced Carrot

Note: All vegetables are 4 oz portion size.

Fresh fruit available upon market availability

Note: All proteins are 90 gms

Note: On Friday more than 2 meals ordered will receive the third choice.

Week 3		VILLA COLOMBO	MOW	Summer-Fall 2026	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Aug 3, Aug 24, Sept 14, Oct 5, Oct 26, Nov 16, Dec 7, Dec 28	Aug 4, Aug 25, Sept 15, Oct 6, Oct 27, Nov 17, Dec 8, Dec 29	Aug 5, Aug 26, Sept 16, Oct 7, Oct 28, Nov 18, Dec 9, Dec 30	Aug 6, Aug 27, Sept 17, Oct 8, Oct 29, Nov 19, Dec 10, Dec 31	Aug 7, Aug 28, Sept 18, Oct 9, Oct 30, Nov 20, Dec 11, Jan 01
MOW	Vegetable Barley	Fusilli with Ricotta & Spinach	Potato & Leek Soup	Cheese Ravioli	Rice & Lentil Soup
	Pork Chop Ciaccitore	Balsamic Chicken with Tomato Herb	Beef Manicotti	Turkey Stir Fry	Fish with Cannelinni Beans
	Broccoli	Cauliflower	Peas & Onions	Green & Yellow Zucchini	Cauliflower Bites
	Roast Potato	Root Vegetable	Italian Mix Vegetable	Pick of the Day	Saute Spinach & Onion
	Italian Bun	Italian Bun	Italian Bun	Italian Bun	Italian Bun
	Pear	Apple	Nectarine	Banana	Orange
	OR	OR	OR	OR	OR
	Penne Aglio Olio Con Piscelli	Butternut Squash Soup	Vegetable Risotto	Pastina	Farfalle with Pesto
	Lamb Roast	Pesce Gratinato	Braised Italian Sausage	Meatballs Al Sugo	Paprika Roast Chicken
	Rapini	Scallop Potato	Brussel Sprout	Broccoli	OR
					Breaded Pork Chop with Mash Potato
					Romanesco Mix Vegetable
	Note : All Vegetables are 4 oz portion Note: All protiens are 90 gm Note: On Friday more than 2 meals ordered will receive the third choice.	Seasonal fresh fruit availble upon availability			