

# Woods Lunch Menu & Guide

April 27th thru May 29th 2026



Daily Info	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>35 Clients Daily</b> Serving Bfst &amp; Lunch Will notify of count changes Week Prior to Service</p> <p><b>Lactose Free Milk</b> as needed</p> <p><b>We serve Fresh 1% Milk &amp; Whole Grain-Rich Bread Every Day!!</b></p>  <p><b>On the Side:</b> Condiments (when needed) Ketchup, Mustard, Mayo</p> <p><b>All of Our Bread/Pasta is Whole Grain-Rich</b> We provide Trays, Cups, Bowls and Condiments as needed K,F,S, and Naps as needed</p> <p>Winter / Spring 2026</p>	<p><b>April 27th</b> <b>From the Farm!!</b> Roast Chicken 2oz, Country Gravy Mashed Potatoes 4oz Bakery Fresh WGR Rolls 2ea Chilled Fruit Salad 4 oz <b>1% Milk 1c</b></p>	<p><b>29th</b> <b>Summertime Cookin' Fun!</b> Grilled Hamburgers 2oz on 1 Soft WGR Round Roll Ms Freda's Green Beans &amp; Potatoes Peaches 4oz <b>1% Milk 1c</b></p>	<p><b>29th</b> <b>Ms Freda's Chicken Pot Pie!!</b> Diced Chicken 2oz, Creamy Gravy WGR Rolls 2ea Peas, Carrots, Celery, Gr. Beans 4oz Chilled Applesauce 4oz <b>1% Milk 1c</b></p>	<p><b>30th</b> <b>Number One Pick!!!</b> Crispy Chicken Tenders 2.5oz &amp; 2 WGR Dinner Rolls Steamed Carrots 4oz Chilled Fruit Salad 4oz <b>1% Milk 1c</b></p>	<p><b>May 1st</b> <b>Chilly Yummy!</b> Fresh Tuna Salad 3oz WGR Bread 2sli Veggie Pasta Salad 4oz Veg 2oz Pasta Diced Peaches 4 oz <b>1% Milk 1c</b></p>
	<p><b>May 4th</b> <b>Old Fashioned Sloppy Joe!</b> Gound Beef 2 oz, Sloppy Joe Sauce 1 WGR Round Roll Diced Potatoes 4oz Apple Sauce 4oz <b>1% Milk 1c</b></p>	<p><b>5th</b> <b>By Popular Demand</b> Open Faced Turkey Sammie Sliced Turkey Breast 2oz, Gravy Garden Veggie Medley 4oz, 2 sli WGR Bread &amp; Pears 4 oz <b>1% Milk 1c</b></p>	<p><b>6th</b> <b>It's Classic Country Day!</b> Ground Beef Steak 2oz, gravy 2 WGR split top rolls Roast Potatoes 4 oz with Chilled Fruit Salad 4oz <b>1% Milk 1c</b></p>	<p><b>7th</b> <b>Mangia! Mangia!</b> 1 WGR Sicilian Style Long Roll Meatballs 4 .5oz w/ Homemade Sauce Italian Green Beans 4oz Fruit Cocktail 4oz <b>1% Milk 1c</b></p>	<p><b>8th</b> <b>Roast Turkey Sammie Special</b> 1 WGR Round Roll Sliced Turkey Breast 2oz Creamy Potato Salad 4oz Pineapple Chunks 4oz <b>1% Milk 1c</b></p>
	<p><b>May 11th</b> <b>Country Classic</b> Chicken 2oz, Cream of Mushroom Sauce, WGR Bread 2 slices Cabbage &amp; Potatoes 4oz Mandarin Oranges 4oz <b>1% Milk 1c</b></p>	<p><b>12th</b> <b>Tennessee Barbecue</b> Pulled Pork Barbecue 2oz Barbecue Sauce if you like Stuffed in 1 WGR round Roll Fruit Cocktail 4oz Collard Greens 4oz <b>1% Milk 1c</b></p>	<p><b>13th</b> <b>Ms Freda's Ikea Special</b> Meatballs 4 .5oz w/ Swedish Sauce Buttered Noodles 3oz Green Beans 4oz, WGR Bread 2 Sli Diced Pears 4 oz <b>1% Milk 1c</b></p>	<p><b>14th</b> <b>It's Grilling Time</b> Grilled Beef Burger 2oz served on a WGR Round Bun with Country Bake Beans 4oz Pineapple 4oz <b>1% Milk 1c</b></p>	<p><b>15th</b> <b>Delicious Deli Time!</b> Ms Heather's Egg Salad 3oz in 1 WGR round Roll Veggie Pasta Salad 4oz Veg 2oz Pasta Peaches 4oz <b>1% Milk 1c</b></p>
	<p><b>May 18th</b> <b>New!! Mandarin Chicken</b> Diced Chicken 2oz w/ Mandarin Sauce Steamed Carrots (4oz Vegetable 4 oz rice) WGR Roll &amp; Pears 4 oz <b>1% Milk 1c</b></p>	<p><b>19th</b> <b>Mangia! Mangia!</b> Meatballs 4.5oz w/ Homemade Sauce Enriched Italian Pasta 4oz, 2sli WGR Bread Slices, Green Beans 4oz Chilled Fruit Salad 4oz <b>1% Milk 1c</b></p>	<p><b>20th</b> <b>Holiday Turkey Breast</b> Roasst Turkey Breast 2oz with Turkey Gravy 2 sli WGR Bread Smashed Potatoes 4oz Delicious Fruit Cocktail 4oz <b>1% Milk 1c</b></p>	<p><b>21st</b> <b>Best South of Philly</b> Steak Meat 2oz served in 1 WGR long roll Chef Freda's Roast Potatoes 4oz Peaches 4oz <b>1% Milk 1c</b></p>	<p><b>22nd</b> <b>Eastern Shore Special!</b> Chicken Salad 3oz on 1 WGR Round Roll Creamy Potato Salad 4oz Applesauce 4oz <b>1% Milk 1c</b></p>
	<p><b>May 25th</b> <b>Memorial Day!!</b></p>	<p><b>26th</b> <b>Summertime Fun!</b> Grilled Hamburgers 2oz on 1 Soft WGR Round Roll Chef's Baked Beans 4oz Peaches 4oz <b>1% Milk 1c</b></p>	<p><b>27th</b> <b>By Popular Demand!</b> Crispy Chicken Breast 3oz served on 1 WGR Round Roll Ms Freda's Collard Greens 4oz Pineapple Chunks 4oz <b>1% Milk 1c</b></p>	<p><b>28th</b> <b>International - Northern Italy</b> Enriched Pasta 4oz topped with Ground Beef 2oz., Marinara Sauce Green Beans 4oz, 2 sli WGR Bread Applesauce 4oz <b>1% Milk 1c</b></p>	<p><b>29th</b> <b>Gobble, Gobble!!!</b> Our Hero made with 1 WGR long roll Sliced Turkey 1 1/2oz, Cheese 1/2oz Veggie Pasta Salad 4oz Veg 2oz Pasta Mandarin Oranges 4oz <b>1% Milk 1c</b></p>



Garrison Dining Services

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