

Peachtree Road Lutheran Preschool  
Lunch Menu - January 2022

3 Italian meatballs (beef) Spaghetti Green peas	4 Chicken breast Mixed vegetables Quinoa	5 Pork tenderloin Parmesan cheese stone ground grits Green beans	6 Tomato basil soup Grilled cheese sandwich	7 Chicken breast Penne pasta Alfredo sauce Green peas
10 Beef Shepherd's pie With mashed potatoes and mixed vegetables	11 Italian sausage Basmati rice Broccoli	12 Beef tacos Pico, sour cream, cheese, black beans Guacamole	13 Salmon Roasted potatoes Green beans	14 Chicken, vegetables, and noodles soup
17 MLK DAY NO SCHOOL	18 Chicken breast Mashed sweet potatoes Mixed vegetables	19 Chili Ground beef and beans Shredded cheese, sour cream and tortilla chips	20 Cod Loin Turmeric rice Green peas	21 Beef and broccoli fried rice Spring rolls
24 Beef and lamb Meatloaf Basmati rice Green peas	25 Cauliflower parmesan soup with noodles	26 Chicken breast Turmeric basmati rice Mixed vegetables	27 Italian sausage Basmati rice Broccoli	28 Mexican lasagna Green beans
31 Chicken breast Mashed sweet potatoes Mixed vegetables				

- Organic fresh fruit and milk are served in every meal
- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items

- For questions and comments please contact me at [kitchen@myprlp.com](mailto:kitchen@myprlp.com)

By Executive Chef Rogerio Martins