

Fortress Lunch Menu – Week 3

Celebrate Italy's Culinary Influence				
	Monday	Tuesday	Wednesday	Thursday
Chef Michael Demonstrates	Fresh Mozzarella			
Hot Lunch	Beverage Cheese Pizza Celery Sticks Italian Ice			
Cold or Box Lunch		Beverage Italian Hoagie Baked Chips Fruit	Beverage Tomato & Mozzarella on Pita Carrot Sticks Biscotti	Beverage Italian Chicken Sandwich Celery & Carrot Sticks Lemon Bar
Snack	Water Fresh Fruit	Water Celery w/Peanut Butter	Water Fruit	Water String Cheese
Nutrition Facts & Recipes				
<p>Nutrition Facts: <u>drink 6 glasses of water a day</u></p> <p>Water helps keep your body's temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes wastes. Being properly hydrated helps your body function at its best. Dehydration – not having enough fluid in your body – can cause headaches, fatigue, crankiness and sports performance</p>		<p>Linguine with Sun Dried Tomato Gravy (sauce to non-Italians)</p> <p>! Can Tomato Puree 28 oz.</p> <p>$\frac{3}{4}$ Cup Sun Dried Tomatoes - julienned</p> <p>$\frac{1}{4}$ Cup Olive Oil</p> <p>3 Each Garlic Cloves- minced</p> <p>$\frac{1}{2}$ Cup Basil Leaves (fresh) - julienned</p> <p>1 Lb. Linguini - cooked per package directions</p> <p>Skillet or pot: medium heat olive oil and add garlic (2 min) then add puree and dried tomatoes (cook another 5 min); just before serving add the julienned Basil leaves and pour over cooked linguini. Enjoy!!!</p>		

