

Monday	Tuesday	Wednesday	Thursday	Friday
				1 3oz EP Sliced Beef Pot Roast (w ½ cup potatoes, onions, carrots, peas in gravy) ½ cup wide egg noodles 1.5oz white roll Margarine ½ cup unsweetened cinnamon applesauce ½ cup tomato bisque
4 3oz EP Sliced Turkey w/2oz gravy ½ c whipped potatoes ½ c broccoli & carrots 1.5oz whole wheat roll Margarine ½ c tropical fruit salad	5 Chicken Fried Rice (3oz EP diced chicken) ½ c mixed veggies ½ c brown rice ½ c oriental blend veggies(broccoli, water chestnut, red peppers, green beans 1 slice whole wheat bread, margarine Fresh Peach	6 1 c Tuna Noodle Casserole (3oz EP Tuna, ¼ c peas & carrots, ½ c elbow macaroni) ½ c Green Beans 1 sl Pumpnickel Bread Margarine ½ c Mandarin Oranges 4oz Apple Juice	7 3oz EP BBQ Chicken Thigh (1oz bbq sauce) ½ c Collard Greens ½ c Seasoned Potato Cubes & Red Peppers & Onions 1.5 oz White Roll Margarine 1 Light Lemon Cake ½ c Minestrone Soup	8 ¾ c Tricolor Tortellini (1/4 c Ricotta Cheese) w 4 ½ oz EP each) Mini Meatballs topped w/2oz Tomato Sauce & 0.5oz PS Mozz Cheese ½ c Normandy Blend(carrots, broccoli, cauliflower, yellow squash) 1 c Spinach Salad w/1 T Red Onion w/1 T Balsamic Dressing ½ c Pears
11 Shoppards Pie (3oz EP Salisbury Steak Beef & 2oz Beef Gravy) ¼ c Peas & Carrots ¼ c Mashed Potatoes ½ c Green Beans & Red Peppers ½ c Warm Cinnamon Apples 1 sl Rye Bread, margarine ½ c Peaches	12 Cornmeal Crusted Fish (4oz EP Tilapia) ½ c Stewed Tomatoes ½ c Sugar Snap Peas & Carrots 1.5oz White Roll Margarine 1oz Oatmeal Cookie	13 Beef Stroganoff (3oz EP Beef Strips & 1oz Mushrooms, 2oz Creamy Mushroom Sauce) ½ c Wide Noodles ½ c Spinach w/Carrots ½ c beets 1 sl whole wheat bread Margarine ½ c Pineapples	14 Vegetable Lasagna (¾ c Lasagna Noodle, ½ c Ricotta Cheese, 1oz PS Mozz Cheese, 2oz Bechemel Sauce, ¼ c Spinach & Carrots) ½ c Grilled Veg (Peppers, Onions, Yellow Squash, Zucchini) 1 c Tossed Salad(Romaine, Cucumber, Carrots) 1 T Italian Dressing, ½ c unswe strawberry applesauce, 4oz apple juice	15 3oz EP Grilled Chicken Fricassee (2oz White Wine Sauce & Julienned Carrots) ½ c Broccoli Florets ½ c Brown Rice Pilaf 1.5oz Whole Wheat Roll Margarine Fresh Plum ½ c Manhattan Clam Chowder
18 3oz EP Sliced Turkey w/1oz Apricot Glaze ¼ c Cornbread Stuffing ½ c Brussel Sprouts ½ c Mashed Sweet Potatoes Light Banana Cake	19 Meatball Sandwich (3 1oz EP Beef Meatballs, 0.5oz Provolone Cheese, 2oz Tomato Sauce) ½ c Cole Slaw ½ c Zucchini & Corn 2oz Club Roll ½ c Mandarin Oranges	20 3oz EP Grilled Chicken Teriyaki (2oz Teriyaki Sauce) ½ c Snow Peas, Mushrooms, Red Peppers ½ c White Rice 1 sl Whole Wheat Bread Margarine Fresh Nectarine	21 Leinon Rosemary Baked Fish (4oz EP Tilapia) ½ c Green Wax Beans & Carrots ½ c Couscous 1 sl Pumpnickel Bread, Margarine ½ c Unsweetened Cherry Applesauce, 4oz: Apple Juice	22 3oz EP Chicken Thigh Cacciatore (2oz Tomato Sauce, 2oz Bell Peppers & Onions) ½ c Broccoli Cauliflower ½ c Parmesan & Basil Orzo 1 Slice 7 Grain Bread Margarine ½ c Navy Bean Soup ½ c Peaches
25 3 oz. Grilled Chicken Parmesan topped w/0.5 oz PS Mozz, 2 oz tomato sauce ½ cup Rotini Pasta ½ cup Broccoli 1 cup tossed salad (romaine, cucumber, carrots) 1 T Fat Free Italian Dressing 1 Slice White Bread, margarine, ½ cup pudding	26 Stuffed Seasoned Baked Fish (4oz EP Tilapia w/1/4 Herb Stuffing) ½ Capri Blend Carrots Green Beans, Summer Squash ½ Rstd Red Bliss Potatoes 1 Sl Whole Wheat Bread PC Margarine Fresh Orange	27 1 cup Beef Chili (2oz EP ground beef, ½ cup black kidney & white beans, 0.5oz cheddar cheese, 2oz chopped tomatoes, onions, peppers ½ cup mixed veggies 1.5 oz wheat roll, margarine ½ cup Pineapple Tidbits	28 Spinach & Cheddar Omelet 2 Whole eggs, 1oz Cheddar Cheese, 1oz Spinach ½ c Hash Brown Potatoes ½ c Scalloped Tomatoes 1.5oz Whole Wheat Roll PC Margarine ½ c Fruit Cocktail	1 3oz EP Sliced Beef Pot Roast (w ½ cup potatoes, onions, carrots, peas in gravy) ½ cup wide egg noodles 1.5oz white roll Margarine ½ cup unsweetened cinnamon applesauce ½ cup tomato bisque