






Mon	Tue	Wed-Light Fare	Thu	Fri
				1 Asian-Inspired Orange Chicken (w 3/4 C diced chicken) 1/2 C Broccoli 1/2 C Asian Cucumber Salad 1/2 C Vegetable Fried Rice 1 Sugar Cookie Cal 635
4 	5 Pesto Chicken (1 Breast) 1/2 C Roasted Broccoli 1/2 C Buttered Farfalle Pasta Banana Shortbread Cookie Cal 778	6 Turkey & Cheddar Sandwich (2 oz Turkey, 0.75 oz Cheese) 1/2 C Three Bean Salad 1 WG Sandwich Roll Fresh Apple Cal 656 Mayonnaise, Lettuce & Tomato	7 Herbed Petite Beef Tenderloin w/Demi Glace (1 Slice Beef) 1/2 C Roasted Sunset Blend 1 C Strawberry Spinach Salad 1/2 C Orzo 1/2 C Gelatin Cal 741 Margarine, Salad Dressing	8 Stuffed Cabbage (1 Roll) 1/2 C Mashed Potatoes 1 C Zucchini Parmesan Soup WW Bread Slice 1/2 C Vanilla Greek Yogurt Margarine Cal 661
11 Roast Pork (1 Slice) 1/2 C Peas & Pearl Onions 1 C Cabbage & Noodles WW Bread Slice 1/2 C Watermelon Margarine Cal 613	12 Chicken Marsala (1 Piece) 1/2 C Mashed Potatoes 1/2 C Herbed Petite Gr Beans WW Bread Slice 1/2 C Chocolate Pudding Margarine Cal 633	13 Summer Berry Salad (w/ Chicken & Chow Mein Noodles) 2 Cups Salad Greens (in entrée) 1/2 C Mango & Pineapple Salad WW Bread Slice Sugar Cookie Cal 771 Margarine, Salad Dressing	14 Swedish Meatballs (2) 1/2 C Baby Carrots 1/2 C Buttered Noodles 1/2 C Fresh Fruit Salad Margarine Cal 733	15 Pub Steakburger w/Cheese 1/2 C Diced Potatoes 1/2 C Broccoli Slaw WG Sandwich Roll 1/2 C Fresh Cantaloupe Ketchup Cal 783
18 BBQ Beef Brisket (1/2 C) 1/2 C Herbed Petite Gr Beans 1/2 C Macaroni & Cheese 1 C Berry Medley w/Yogurt Cal 651	19 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1 C Zucchini Parmesan Soup 1 3/4 C Strawberry Spinach Salad 1/2 C WG Penne w/Sauce Chocolate Chip Cookie Salad Dressing Cal 673	20 Tuna Club Sandwich (4.8 oz. Tuna Salad) w/lettuce & Tomato WG Sandwich Roll 1/2 C. Broccoli Slaw Fresh Pear Cal 705	21 Turkey Sausage, Biscuits & Gravy (2 Sausage Patties) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Biscuit w/Gravy Fresh Apple Ketchup Cal 647	22 Meatloaf (1 Slice) w/Gravy 1/2 C Cheesy Mashed Potatoes 1/2 C Orange Herb Roasted Beets WW Bread Slice 1/2 C Gelatin Margarine Cal 757
25 Chicken Tenders (2 Pieces) 1 C Cauliflower Cheddar Bisque 1/2 C Potato Wedges WW Bread Slice 1/2 C Fresh Fruit Salad Cal 735 Margarine, Honey Mustard	26 Italian Sausage w/Peppers (1 Sausage Link) 1/2 C Sautéed Spinach 1/2 C Savory Watermelon Salad WG Hot Dog Roll Oatmeal Raisin Cookie Cal 802	27 Ham & Swiss Sandwich (2 oz. ham, 1.5 oz. cheese) 1/2 C Three Bean Salad WG Sandwich Roll Cal 631 1/2 C Fresh Pineapple Mustard, Lettuce & Tomato	28 Beef Stew (1 C Beef Stew) 1/2 C Baby Carrots 1/2 C Mashed Potatoes WG Biscuit 1/2 C Vanilla Pudding Margarine Cal 814	29 Cod w/Lemon Pepper (4 oz. cod) w/Tartar Sauce 1/2 C Brown Rice Pilaf 1 C Tomato Bisque Soup 1/2 C Fresh Honey Dew Cal 607