



Mon	Tue	Wed-Light Fare	Thu	Fri
		<p>1 Ham & Swiss Sandwich (2 oz. Ham, 1.5 Oz Cheese) 1/2 C. Three Bean Salad WG Sandwich Roll 1/2 C. Fresh Pineapple Mustard, Lettuce & Tomato Cal 631</p>	<p>2 Beef Stew (1 Cup) 1/2 C. Baby Carrots 1/2 C. Mashed Potatoes WG Biscuit 1/2 C. Vanilla Pudding Margarine Cal 814</p>	<p>3 Cod w/Lemon Pepper (4 OZ.) w/Tartar Sauce 1/2 C. Brown Rice Pilaf 1 C Tomato Basil Soup WW Bread Slice 3/4 C Fresh Honey Dew Margarine Cal 634</p>
<p>6 Vegetable Lasagna (8 Oz.) 1/2 C. Balsamic Glazed Broccoli 1 1/4 C Romaine Mandarin Salad 1/2 C. Vanilla Greek Yoghurt Margarine, Salad Dressing Cal 770</p>	<p>7 BBQ Pulled Pork (3 Oz.) 1/2 C. Fire roasted Sweet Potatoes 1/2 C. Coleslaw WG Sandwich Roll 1/2 C. Fresh Fruit Salad Cal 705</p>	<p>8 Spring Mix Salad w/Turkey (3.5 Oz. Turkey) 2 C. Salad Greens (In Entrée) 2 WW Bread Slices 2 Fresh Clementines Margarine, Salad Dressing Cal 603</p>	<p>9 Herb Baked Salmon (1 Filet) 1/2 C. Scalloped Potatoes 1/2 C. Roasted Brussels Sprouts WW Bread Slice 1/2 C. Chocolate Pudding Cal 817</p>	<p>10 Asian-inspired Orange Chicken (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</p>
<p>13 Stuffed Pepper w/Ground Beef (1 Pepper) 1/2 C. Mashed Potatoes 1/2 C. Grilled Vegetables WW Bread Slice 1/2 C Apricots Margarine Cal 695</p>	<p>14 Pesto Chicken (1 Breast) 1/2 C. Roasted Broccoli 1/2 C. Buttered Farfalle Pasta Banana Shortbread Cookie Cal 778</p>	<p>15 Holiday Meal Roast Turkey w/Gravy & Bread Stuffing Mashed Potatoes Green Beans Pumpkin Pie w/Whipped Topping</p>	<p>16 Herbed Petite Beef Tenderloin (1 Slice) w/Demi Glace 1/2 C. Roasted Sunset Blend 1 C. Strawberry & Red/Green Leaf Lettuce Salad Cal 741 1/2 C. Orzo, 1/2 C. Gelatin Margarine, Salad Dressing</p>	<p>17 Stuffed Cabbage (1 Roll) 1/2 C. Mashed Potatoes 1/2 C. Zucchini Parmesan Soup WW Bread Slice 1/2 C. Vanilla Greek Yoghurt Margarine Cal 661</p>
<p>20 Roast Pork (1 Slice) 1/2 C. Roasted Sweet Potatoes 1 C. Cabbage & Noodles WW Bread Slice 1/2 C. Watermelon Margarine Cal 620</p>	<p>21 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</p>	<p>22 Summer Berry Salad (w/ Chicken & Chow Mein Noodles) 2 C. Salad Greens (In Entrée) 1/2 C. Mango & Pineapple Salad WW Bread Slice Sugar Cookie Cal 771 Margarine, Salad Dressing</p>	<p>23 Centers Closed</p>	<p>24 Centers Closed</p>
<p>27 BBQ Beef Brisket (3 Oz.) 1/2 C. Herbed Petite Gr. Beans 1/2 C Mac & Cheese 1 C. Berry Medley w/Yoghurt Cal 651</p>	<p>28 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1 C. Zucchini Parmesan Soup 1 1/4 C. Strawberry Spinach Salad 1/2C. WG Penne w/Sauce Chocolate Chip Cookie Salad Dressing Cal 673</p>	<p>29 Tuna Club Sandwich (4.8 Oz. Tuna Salad) w/ Lettuce & Tomato WG Sandwich Roll 1/2 C. Broccoli Slaw Fresh Pear Cal 705</p>	<p>30 Turkey Sausage , Biscuits & Gravy (3 Sausage Patties) 1/2 C. Diced Potatoes 1/2 C. Peppers & Onions 1 WG Biscuit w/Gravy Fresh Apple, Ketchup Cal 691</p>	