

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Chicken Alfredo 1/2 C. Normandy Veggie Blend 1/2 C. Buttered Penne 1/2 C. Apple Slices Chocolate Chip Cookie Cal 610	2 Classic Cobb Salad (3 Oz. Chicken) 1 C. Salad Greens w/ dressing WW Bread w/Margarine Fresh Orange Cal 629	3 Firehouse Chili 1/2 C. Broccoli 1/2 C. Carrots WW Bread w/Margarine 1/2 C. Cantaloupe 1 Pk. Saltine Crackers Cal 653	4 Birthday Menu Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C. Mashed Potatoes 1/2 C. Green Beans WW Bread w/Margarine 1/2 C. Greek Yoghurt Little Debbie Cal 672	5 Sausage & Peppers (4 Oz. Sausage link w/ Tomato Sauce) 1/2 C. Diced Potatoes 1/2 C. Peppers & Onions WG Hot Dog Roll Cal 821 1/2 C. Fresh Fruit Salad	6 	
7 	8 Beef Stroganoff (1 Cup) 1/2 C. Cauliflower 1/2 C. Peas 1/2 C. Buttered Rotini Pound Cake w/strawberries Cal 745	9 BBQ Turkey Flatbread (Flatbread w/2 Oz. Turkey, 1 Oz. Cheese) 1/2 C Potato Salad 1/2 C. Fresh Cantaloupe Cal 696	10 Meatloaf w/Gravy (1 Slice) 1/2 C. Mashed Potatoes 1/2 C. Green Beans WW Bread w/Margarine Banana Bread Cal 736	11 Chicken Cordon Bleu 1/2 C. Carrots 1 C. Butternut Squash Soup WW Bread w/Margarine 1/2 C. Strawberry Banana Applesauce Cal 947	12 Cheese Ravioli Alfredo (3 Ravioli) 1/2 C. Broccoli 1 C. Side Salad w/Dressing WW Bread w/Margarine 1/2 C. Vanilla Pudding Cal 625	13 	
14 	15 Pulled Pork Sandwich (1/2 C. pulled pork w/WW sandwich roll) 1/2 C. Coleslaw 1/2 C. Chuckwagon Corn 1/2 C Fresh Cantaloupe Cal 684	16 Chicken BLT Salad (3/4C. Diced Chicken) 1 C. Sal Greens w/ Dressing WW Bread 1/2 C. Fresh Fruit Salad Cal 696	17 Penne w/Meatballs (1/2 C. Penne w/ Marinara Sauce & 2 Meatballs) 1/2 C. Broccoli 1 C. Side Salad w/ Dressing 1/2 C. Jello Cal 712	18 Orange Chicken (3/\$ C. Diced Chicken) 1/2 C. Stir Fry Vegetables 1/2 C. Vegetable Fried Rice WW Bread w/Margarine 1/2 C. Diced Pineapple Cal 676	19 Vegetable Lasagna (1 Pc./8 Oz.) 1/2 C. Carrots 1/2 C Cauliflower WW Bread w/Margarine 1/2 C. Greek Yoghurt Cal 696	20 	
21 	22 Pub Steakburger (1 beef patty, 1 slice cheese & WW Roll) 1/2 C. Broccoli w/Dip 1/2 C. Stuffed Pepper Soup 1/2 C. Chocolate Pudding Cal 897	23 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C. Broccoli Slaw 1/2 C. Fresh Grapes Cal 712	24 Penne w/Alfredo Sauce (1/2 C. Penne) 1/2 C. Mediterranean Vegetable Blend Fresh Orange	25 Maple Glazed Pork w/ Cider Gravy (4 Oz. Pork) 1/2 C. Sweet Potato Cubes 1/2 C. Brussels Sprouts WW Bread w Margarine Oatmeal Cookie Cal 728	26 Cheese Ravioli w/ Sauce (3 Ravioli) 1 C. Buttered Winter Vegetable Blend WW Bread w/Margarine 1/2 C. Mandarin Oranges Cal 628	27 	
28 	29 Stuffed Pepper (1 Pepper w/Sauce) 1/2 C. Steamed Broccoli 1/2 C. Roasted Red Peppers WW Bread w/Margarine Pound Cake Cal 712	30 Italian Sub (1/4 Sub Roll w/3 Oz. Meat & Cheese) 1 C. Tossed Salad w/ Dressing Fresh Apple Cal 627					