

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 Chicken Alfredo</b> 1/2 C. Normandy Veggie Blend 1/2 C. Buttered Penne 1/2 C. Apple Slices Chocolate Chip Cookie <b>Cal 610</b>	<b>2 Classic Cobb Salad</b> (3 Oz. Chicken) 1 C. Salad Greens w/ dressing WW Bread w/Margarine Fresh Orange <b>Cal 629</b>	<b>3 Firehouse Chili</b> 1/2 C. Broccoli 1/2 C. Carrots WW Bread w/Margarine 1/2 C. Cantaloupe 1 Pk. Saltine Crackers <b>Cal 653</b>	<b>4 Birthday Menu</b> <b>Stuffed Cabbage Roll</b> (1 Cabbage Roll) 1/2 C. Mashed Potatoes 1/2 C. Green Beans WW Bread w/Margarine 1/2 C. Greek Yoghurt Little Debbie <b>Cal 672</b>	<b>5 Sausage &amp; Peppers</b> (4 Oz. Sausage link w/ Tomato Sauce) 1/2 C. Diced Potatoes 1/2 C. Peppers & Onions WG Hot Dog Roll <b>Cal 821</b> 1/2 C. Fresh Fruit Salad	<b>6</b> 
<b>7</b> 	<b>8 Beef Stroganoff</b> (1 Cup) 1/2 C. Cauliflower 1/2 C. Peas 1/2 C. Buttered Rotini Pound Cake w/strawberries <b>Cal 745</b>	<b>9 BBQ Turkey Flatbread</b> (Flatbread w/2 Oz. Turkey, 1 Oz. Cheese) 1/2 C Potato Salad 1/2 C. Fresh Cantaloupe <b>Cal 696</b>	<b>10 Meatloaf w/Gravy</b> (1 Slice) 1/2 C. Mashed Potatoes 1/2 C. Green Beans WW Bread w/Margarine Banana Bread <b>Cal 736</b>	<b>11 Chicken Cordon Bleu</b> 1/2 C. Carrots 1 C. Butternut Squash Soup WW Bread w/Margarine Applesauce <b>Cal 947</b>	<b>12 Swedish Meatballs</b> (2 Meatballs) 1/2 C. Buttered Noodles 1/2 C. Carrots 1/2 C. Fresh Fruit Salad Margarine <b>Cal 733</b>	<b>13</b> 
<b>14</b> 	<b>15 Pulled Pork Sandwich</b> (1/2 C. pulled pork w/WW sandwich roll) 1/2 C. Coleslaw 1/2 C. Chuckwagon Corn 1/2 C Fresh Cantaloupe <b>Cal 684</b>	<b>16 Chicken BLT Salad</b> (3/4C. Diced Chicken) 1 C. Sal Greens w/ Dressing WW Bread 1/2 C. Fresh Fruit Salad <b>Cal 696</b>	<b>17 Penne w/Meatballs</b> (1/2 C. Penne w/ Marinara Sauce & 2 Meatballs) 1/2 C. Broccoli 1 C. Side Salad w/ Dressing 1/2 C. Jello <b>Cal 712</b>	<b>18 Orange Chicken</b> (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 <b>Cal 676</b>	<b>19 Vegetable Lasagna</b> (1 Pc./8 Oz.) 1/2 C. Carrots 1/2 C Cauliflower WW Bread w/Margarine 1/2 C. Greek Yoghurt <b>Cal 696</b>	<b>20</b> 
<b>21</b> 	<b>22 Pub Steakburger</b> (1 beef patty, 1 slice cheese & WW Roll) 1/2 C. Carrots w/Ranch Dip 1/2 C. Stuffed Pepper Soup 1/2 C. Chocolate Pudding Ketchup <b>Cal 897</b>	<b>23 Ham Salad Sandwich</b> (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C. Broccoli Slaw 1/2 C. Fresh Grapes <b>Cal 712</b>	<b>24 Penne w/Alfredo Sauce</b> (1/2 C. Penne) 1/2 C. Mediterranean Vegetable Blend Fresh Orange	<b>25 Maple Glazed Pork</b> w/ Cider Gravy (4 Oz. Pork) 1/2 C. Sweet Potato Cubes 1/2 C. Brussels Sprouts WW Bread w Margarine Oatmeal Cookie <b>Cal 728</b>	<b>26 Chicken Filet Parmesan</b> (1 Breaded Chicken Breast) 1 C. Zucchini Parmesan Soup 1/2 C. WG Penne w/Sauce 1 1/4 C. Strawberry Spinach Salad w/Dressing <b>Cal 673</b> Chocolate Chip Cookie	<b>27</b> 
<b>28</b> 	<b>29</b> <b>Centers Closed</b>	<b>30 Italian Sub</b> (1/4 Sub Roll w/3 Oz. Meat & Cheese) 1 C. Tossed Salad w/ Dressing Fresh Apple <b>Cal 627</b>				