



Mon	Tue	Wed	Thu	Fri
		1 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C. Wax Beans 1/2 C. Creamy Spinach Orzo 1/2 C. Diced Mango Sugar Cookie Cal 720	2 Petite Tenderloin Medallions Au Jus (3 oz. Beef) 1/2 C. Mashed Potatoes 1/2 C. Beets Fresh Pear Chocolate Chip Cookie Cal 790	3 Mojo Marinated Cod Fillet (1 Cod Fillet) 1/2 C. Coleslaw 1 C. Corn & Sweet Potato Soup 1/2 C. Cilantro Lime Brown Rice Fresh Clementine Cal 687
6 Chicken Alfredo (1 Chicken Breast) 1 C. Normandy Veggie Blend 1/2 C. Buttered Penne 1/2 C. Apple Slices Cal 610 Chocolate Chip Cookie	7 Firehouse Chili (1 C. Chili) 1/2 C. Broccoli 1/2 C. Carrots 1/2 C. Cantaloupe Cal 656 1 pk. Saltine Crackers WW Bread w/Margarine	8 Classic Cobb Salad (3 Oz. Chicken) 1 C. Salad Greens Fresh Orange WW Bread w/Margarine Cal 629	9 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C. Mashed Potatoes 1/2 C. Green Beans 1/2 C. Greek Yoghurt Cal 619 WW Bread w/Margarine	10 Sausage & Peppers (4 sausage links w/tomato sauce) 1/2 C. Diced Potatoes 1/2 C. Peppers & Onions WG Hot Dog Roll Cal 861 1/2 C. Fresh Fruit Salad
13 Beef Stroganoff (1 Cup) 1/2 C. Cauliflower 1/2 C. Peas Cal 727 1/2 C Buttered Rotini Pound Cake w/Strawberries	14 Meatloaf w/Gravy (1 Slice) 1/2 C. Mashed Potatoes 1/2 C. Green Beans Banana Bread Cal 736 WW Bread w/Margarine	15 BBQ Turkey Flatbread (Flatbread w/2 Oz. Turkey and 1 Oz. Cheese) 1/2 C. Potato Salad 1/2 C. Fresh Cantaloupe Cal 669	16 Chicken Cordon Bleu (3/4 C. Diced Chicken) 1/2 C Carrots 1 C. Butternut Squash Soup 1/2 C. Strawberry Banana Applesauce WW bread w/Margarine Cal 947	17 Swedish Meatballs (2 Meatballs) 1/2 C. Carrots 1/2 C. Buttered Noodles 1/2 C. Fresh Fruit Salad Margarine Cal 733
20 Pulled Pork Sandwich (1/2 C. Pulled Pork & WW Sandwich Roll) 1/2 C Coleslaw Cal 684 1/2 C. Chuckwagon Corn 1/2 C. Fresh Cantaloupe	21 Penne w/Meatballs (1/2 C. Penne w/Marinara & 2 Meatballs) 1/2 C. Broccoli 1 C. Side Salad w Dressing 1/2 C. Jello Cal 712	22 Chicken BLT Salad (3/4 C. Diced Chicken) 1 C. Salad Greens w/Dressing 1/2 C. Fresh Fruit Salad WW Bread w/Margarine Cal 696	23 Vegetable Lasagna (1 pc./ 8 Oz.) 1/2 C. Carrots 1/2 C. Cauliflower 1/2 C. Greek Yoghurt Cal 718 WW Bread w/Margarine	24 Pub Steakburger (1 Beef Patty, 1 Slice Cheese, WW Sandwich Roll, Ketchup) 1/2 C. Carrots w/Ranch Dip 1 C. Stuffed Pepper Soup 1/2 C. Chocolate Pudding Cal 897
27 Centers Closed 	28 Herb Baked Salmon (1 Filet) 1/2 C. Scalloped Potatoes 1/2 C. Roasted Brussels Sprouts 1/2 C. Chocolate Pudding WW Bread w/Margarine Cal 817	29 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C. Broccoli 1/2 C. Fresh Grapes Cal 712	30 Maple Glazed Pork w/Cider Gravy (4 Oz. Pork) 1/2 C. Sweet Potato Cubes 1/2 C. Brussels Sprouts Oatmeal Cookie Cal 728 WW Bread w/Margarine	31 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1/2 C. Zucchini Parmesan Soup 1/2 C. Penne w/Sauce 1 1/4 C. Strawberry Spinach Salad w/Salad Dressing Chocolate Chip Cookie Cal 673