



Mon	Tue	Wed	Thu	Fri
		<b>1 Broccoli &amp; Cheese Stuffed Chicken</b> (1 Chicken Breast) 1/2 C. Wax Beans 1/2 C. Creamy Spinach Orzo 1/2 C. Diced Mango Sugar Cookie <b>Cal 720</b>	<b>2 Petite Tenderloin Medallions Au Jus</b> (3 oz. Beef) 1/2 C. Mashed Potatoes 1/2 C. Beets Fresh Pear Chocolate Chip Cookie <b>Cal 790</b>	<b>3 Mojo Marinated Cod Fillet</b> (1 Cod Fillet) 1/2 C. Coleslaw 1 C. Corn & Sweet Potato Soup 1/2 C. Cilantro Lime Brown Rice Fresh Clementine <b>Cal 687</b>
<b>6 Chicken Alfredo</b> (1 Chicken Breast) 1 C. Normandy Veggie Blend 1/2 C. Buttered Penne 1/2 C. Apple Slices <b>Cal 610</b> Chocolate Chip Cookie	<b>7 Firehouse Chili</b> (1 C. Chili) 1/2 C. Broccoli 1/2 C. Carrots 1/2 C. Cantaloupe <b>Cal 653</b> 1 pk. Saltine Crackers WW Bread w/Margarine	<b>8 Classic Cobb Salad</b> (3 Oz. Chicken) 1 C. Salad Greens Fresh Orange WW Bread w/Margarine <b>Cal 629</b>	<b>9 Stuffed Cabbage Roll</b> (1 Cabbage Roll) 1/2 C. Mashed Potatoes 1/2 C. Green Beans 1/2 C. Greek Yoghurt <b>Cal 672</b> WW Bread w/Margarine	<b>10 Sausage &amp; Peppers</b> (4 sausage links 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>13 Beef Stroganoff</b> (1 Cup) 1/2 C. Cauliflower 1/2 C. Peas <b>Cal 745</b> 1/2 C Buttered Rotini Pound Cake w/Strawberries	<b>14 Meatloaf w/Gravy</b> (1 Slice) 1/2 C. Mashed Potatoes 1/2 C. Green Beans Banana Bread <b>Cal 736</b> WW Bread w/Margarine	<b>15 BBQ Turkey Flatbread</b> (Flatbread w/2 Oz. Turkey and 1 Oz. Cheese) 1/2 C. Potato Salad 1/2 C. Fresh Cantaloupe <b>Cal 669</b>	<b>16 Chicken Cordon Bleu</b> (3/4 C. Diced Chicken) 1/2 C Carrots 1 C. Butternut Squash Soup 1/2 C. Strawberry Banana Applesauce WW bread w/Margarine <b>Cal 947</b>	<b>17 Swedish Meatballs</b> (2 Meatballs) 1/2 C. Carrots 1/2 C. Buttered Noodles 1/2 C. Fresh Fruit Salad Margarine <b>Cal 733</b>
<b>20 Pulled Pork Sandwich</b> (1/2 C. Pulled Pork & WW Sandwich Roll) 1/2 C Coleslaw <b>Cal 684</b> 1/2 C. Chuckwagon Corn 1/2 C. Fresh Cantaloupe	<b>21 Penne w/Meatballs</b> (1/2 C. Penne w/Marinara & 2 Meatballs) 1/2 C. Broccoli 1 C. Side Salad w Dressing 1/2 C. Jello <b>Cal 712</b>	<b>22 Chicken BLT Salad</b> (3/4 C. Diced Chicken) 1 C. Salad Greens w/Dressing 1/2 C. Fresh Fruit Salad WW Bread w/Margarine <b>Cal 696</b>	<b>23 Vegetable Lasagna</b> (1 pc./ 8 Oz.) 1/2 C. Carrots 1/2 C. Cauliflower 1/2 C. Greek Yoghurt <b>Cal 696</b> WW Bread w/Margarine	<b>24 Pub Steakburger</b> (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 <b>Cal 897</b>
<b>27 Centers Closed</b>  	<b>28 Herb Baked Salmon</b> (1 Filet) 1/2 C. Scalloped Potatoes 1/2 C. Roasted Brussels Sprouts 1/2 C. Chocolate Pudding WW Bread w/Margarine <b>Cal 817</b>	<b>29 Ham Salad Sandwich</b> (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C. Broccoli 1/2 C. Fresh Grapes <b>Cal 712</b>	<b>30 Maple Glazed Pork w/Cider Gravy</b> (4 Oz. Pork) 1/2 C. Sweet Potato Cubes 1/2 C. Brussels Sprouts Oatmeal Cookie <b>Cal 728</b> WW Bread w/Margarine	<b>31 Chicken Filet Parmesan</b> (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 <b>Cal 673</b>