

Mon	Tue	Wed	Thu	Fri
<p>2 Meatloaf w/Gravy (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Carrots Cal 726 WW Bread w/Margarine Banana Bread (1 Mini Loaf)</p>	<p>3 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup Cal 860 1/2 C Confetti Rice 1/2 C Strawberry Banana Applesauce</p>	<p>4 Beef Stroganoff (1 C Beef Stroganoff) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Sl Pound Cake w/1/4 C Berries Cal 738</p>	<p>5 BBQ Turkey Flatbread (4 Slices Turkey, 1 Sl Cheese) 1/2 C Potato Salad 1 WG Flatbread 1/2 C Fresh Cantaloupe Cal 666</p>	<p>6 Sweet and Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748</p>
<p>9 French Onion Chopped Steak (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes Cal 864 1/2 C Asparagus & Red Peppers WW Bread w/Margarine Mini Chocolate Chip Cookies</p>	<p>10 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll Cal 655 1/2 C Fresh Watermelon</p>	<p>11 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p>12 Chicken Avocado Salad (3/4 C Diced Chicken, 1 SS C Guac) Salad (2 C Lettuce, Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686</p>	<p>13 Teriyaki Meatballs (3 Meatballs, Teriyaki Glaze) 1/2 C Sesame Green Beans 1/2 C Veggie Fried Rice 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding Cal 753</p>
<p>16 Penne w/Meatballs (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1/2 C Side Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 666</p>	<p>17 Orange Chicken (3/4 C Chicken Strips) 1/2 C Stir Fry Veggie Blend 1/2 C Veggie Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 616</p>	<p>18 Pulled Pork Sandwich (1/2 C Pulled Pork, Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 681</p>	<p>19 Chicken BLT Salad (3/4 Diced Chicken, 2 Tbsp Bacon) 1 C Zucchini Parmesan Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Pkt Oreo Cookies Cal 675</p>	<p>20 Vegetable Lasagna (1 Pc Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange Cal 798</p>
<p>23 Maple Glazed Pork w/Cider Gravy (2 Sl Pork w Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glzd Brussels Sprouts WW Bread w/Margarine Cal 724 1/2 C Banana Pudding w/Nilla Wafers</p>	<p>24 Center Closed</p>	<p>25 Center Closed</p>	<p>26 Italian Hoagie (3 Sl Ham, 3 Sl Salami, 2 Sl Cheese) Hoagie Roll Lettuce, Tomato, Onion on Hoagie 1 C Tossed Salad w/Dressing Fresh Apple Cal 675</p>	<p>27 Chicken Filet Parmesan (1 Chicken Breast, Tomato Sauce, Cheese) 1 1/4 Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1/2 C WG Penne Pasta w/Sauce 1 Pkt Fig Newton Cookies Cal 702</p>
<p>30 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake w/Peaches Cal 810</p>	<p>31 Center Closed</p>			