





Mon	Tue	Wed	Thu	Fri
			<p>1 Honey Mustard Chicken Salad (3/4 C diced chicken) Salad (2 C lettuce, 2 Tbsp cucumber, 2 Tbsp diced tomato) Dressing 1 C Tomato Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 665</p>	<p>2 Spanish Omelet (1 Omelet w/cheese & salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Croissant w/margarine 1/2 C Greek Yogurt w/ 1/4 C Berries Cal 600</p>
<p>5 Smothered Pork (1 Sl. Pork, Caramelized Onions) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding Cal 737</p>	<p>6 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges 1 WW Sandwich Roll Cal 889 Fresh Apple Ketchup</p>	<p>7 Hawaiian Chicken (1 Grilled Chicken Breast, Pineapple, Sweet & Sour Sauce) 1/2 C Stir Fried Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Cal 620</p>	<p>8 Maccaroni & Cheese (1 C Maccaroni & Cheese) 1 1/2 C Strawberry Spinach Salad (1 C Spinach, 1.4 C Strawberries, 1/4 C Diced Chicken & Dressing) 1/2 C Garlic Green Beans Cal 731 1 mini loaf Blueberry Bread</p>	<p>Centers Closed</p>
<p>12 Pepered Egg Salad Sandwich (1 C Egg Salad w/Bell Peppers) 1/2 C Baby Carrots 1 C Garden Veggie Soup 1 WW Sandwich Roll 1/2 C Diced Peaches Cal 667</p>	<p>13 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 835</p>	<p>14 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Peppers & Onions 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Grapes Cal 675</p>	<p>15 Stuffed Pepper (1 Stuffed Pepper w/meat Sauce) 1/2 C Broccoli Cal 810 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Sl Pound Cake w 1/4 C Peaches</p>	<p>16 Vegetable Lasagna (1 piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing 1 Sl Bread 1 Oatmeal Cookie Cal 729</p>
<p>19 Breaded Dill Chicken Sandwich(1 dill Chicken Breast & WW Roll) 1/2 C Tomato Cucumber Salad w/ mayo packet 1/2 C Chickpea, Kale, Edamame, Quinoa Blend 1 Fresh Cantaloupe Cal 650</p>	<p>20 Petite Beef Tenderloin Medallions (1 Sl Beef w/au jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711</p>	<p>21 Chicken Avocado Salad (3/4 C diced Chicken) Salad (2 C lettuce, 1 Tbsp cucumber, 2 Tbsp tomatoes. 1/4 avocado) & Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 770</p>	<p>22 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 Sl Banana Bread w/Margarine Fresh Apple Cal 716</p>	<p>23 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w/1/2 C Peaches Cal 634</p>
<p>26 Centers Closed </p>	<p>27 Turkey & Smoked Gouda Sandwich (2 Sl Turkey, 1 Sl Cheese) 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup WW Sandwich Roll 1/2 C Fresh Grapes Cal 694</p>	<p>28 Country Fried Steak (1 Breaded Beef Patty w/1/4 C Creamy Gravy) Cal 914 1/2 C Mashed Potatoes 1/2 C Maple Glazed Carrots WW Bread w/Margarine 1 Sl Pound Cake w/1/4 C Berries</p>	<p>29 Southern BBQ Chicken (1 Chicken Breast. BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 614</p>	<p>30 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS C Guacamole Cal 601</p>