



Mon	Tue	Wed	Thu	Fri
2 Raspberry BBQ Chicken (1 Grilled Chicken breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Bread w/Margarine 1/2 C Fresh Watermelon Cal 655	3 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 728	4 Deli Plate (1/3 C Tuna Salad, 1/4 C Chicken Salad) 1 C Lettuce, Cukes, Tomatoes 1 C Broccoli Cheese Soup WW Bread w/Margarine 1 Pkg Berry Vanilla Cookies 1/2 C Fresh Cantaloupe Cal 766	5 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir-Fry Vegetables 1/2 C Stir-Fry Rice WW Bread w/Margarine Fresh Orange Cal 611	6 Stuffed Shells (2 Shells w/Cheese & Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Diced Pears Cal 653
9 Garlic Parmesan Meatballs (2 Meatballs w/Garlic Parmesan Sauce) 1/2 C Broccoli & Red Peppers 1 C Tossed Salad w/Dressing Bread w/Margarine 1/2 C Jello Cal 842	10 Butter Chicken (1 Chicken Breast w/Butter) 1/2 C Green Beans & Tomatoes 1/2 C Brown Rice w/Carrots & Raisins 1/2 C Diced Mango 1 Sugar Cookie Cal 732	11 Pulled Pork Sandwich (1/2 C Pulled Pork w/Sandwich Roll & 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn Fresh Pear Cal 721	12 Honey Mustard Chicken Salad (3/4 C Diced Chicken) Salad (2 C Lettuce/2 TBSP tomato/2 TBSP Cucumber w/Dressing Packet) 1 C Tomato Soup WW Bread e/Margarine 1/2 C Fresh Fruit Salad Cal 665	13 Spanish Omelet (1 Omelet/Cheese/Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Croissant w/Margarine 1/2 C Greek Yogurt w/1/4 Cup Berries Cal 600
16 Smothered Pork (1 Sl Pork, w/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	17 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 Fresh Apple Ketchup Cal 889	18 Hawaiian Chicken (1 Grilled Chicken Breast, Pine-apple, Sweet & Sour Sauce) 1/2 C Stir-Fry Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Margarine Cal 620	Centers Closed	
23 Peppered Egg Salad Sandwich w/WW Roll (1 C Egg Salad w/ Bell Peppers) 1/2 C tomato Cuke Salad 1 C Garden Veggie Soup 1/2 C Diced Peaches Cal 667	24 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	25 Firehouse Chili (1/2 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	26 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake w/1/4 C Peaches Cal 810	27 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing Bread Oatmeal Cookie Cal 729
30 Breaded Dill Chicken Sandwich w/WW Roll (1 Breaded Dill Chicken Breast) 1/2 C Tom/Cuke Salad w/Mayo 1/2 C Chickpea, Kale, Edamame, Quinoa Blend Fresh Cantaloupe Cal 650				