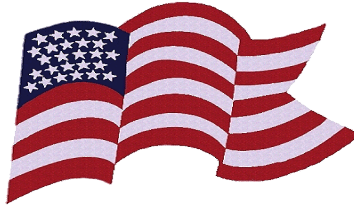


Mon	Tue	Wed	Thu	Fri
	1 Petite Beef Tenderloin Medallions (1 Sl Beef w/Au Jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711	2 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 Tbsp Tomatoes, 1 Tbsp Cucumber, 1/4 Avocado) & Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 770	3 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta Banna Bread w/Margarine Fresh Apple Cal 716	4 Centers Closed 
7 Meatloaf w/Gravy (1 Sl Meatloaf w/Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	8 Turkey & Smoked Gouda Sandwich (1 Sl Turkey, 1 Sl Cheese) w/WW Sandwich Roll 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 694	9 Country Fried Steak (1 Breaded Beef Patty w 1/4 C Creamy Gravy) Cal 941 1/2 C Mashed Potatoes 1/2 C Maple Glazed Carrots WW Bread w/Margarine 1 Sl Pound Cake w 1/4 C Berries	10 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	11 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean and Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS Cup Guacamole Cal 601
14 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	15 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	16 Deli Plate (1/4 C Tuna Salad, 1/2 C Chicken Salad) 1 C Lettuce, Cukes, Tomatoes 1/2 C Broccoli Cheese Soup WW Bread w/Margarine 1Pkg Berry Vanilla Cookies 1/2 C Fresh Cantaloupe Cal 766	17 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir Fried Vegetables 1/2 C Stir-Fried Rice WW Bread w/Margarine Fresh Orange Cal 611	18 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
21 Garlic Parmesan Meatballs (2 Meatballs w/Garlic Parmesan Sauce) 1/2 C Broccoli & Red Peppers 1/2 C Tossed Salad w/Dressing 1/2 C Buttered Rotini Bread w/Margarine 1/2 C Jello Cal 842	22 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	23 Pulled Pork Sandwich (1/2 C Pulled Pork w/Sandwich Roll & 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuck Wagon Corn Fresh Pear Cal 721	24 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 2 Sl WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 665	25 Spanish Omelet (1 Omelet/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
28 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	29 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges WW Sandwich Roll Fresh Apple Ketchup Cal 889	30 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	31 Macaroni & Cheese (1 C Macaroni & Cheese) 1 1/2 C Strawberry Spinach Salad (1 C Spinach, 1/4 C Strawberries, 1/4 C Diced Chicken & Dressing) 1 Mini Loaf Blueberry Bread Cal 731	