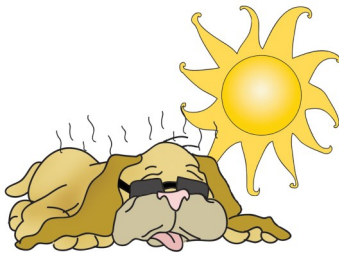


Mon	Tue	Wed	Thu	Fri
				1 Greek Salad with Salmon (1 Salmon Filet) Salad (2 Cups Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olives) & Dressing 1 C French Onion Soup WW Bread w/Margarine Fresh Orange Cal 735
4 Peppered Egg Salad Sandwich (1 C Egg Salad w/ Bell Peppers) 1/2 C Baby Carrots 1 C Garden Vegetable Soup WW Sandwich Roll 1/2 C Diced Peaches Cal 667	5 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	6 Firehouse Chili (1 C Beef & Bean Chili) 1/2 Peppers & Onions 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Grapes Cal 675	7 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Sl Pound Cake w/ 1/4 C Peaches Cal 814	8 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing Bread 1 Oatmeal Cookie Cal 729
11 Breaded Dill Chicken Sandwich w/WW Roll (1 Breaded, Dill Chicken Breast) 1/2 C Tom/Cuke Salad w/Mayo Pkt 1/2 C Chickpea, Kale, Edamame, Quinoa Blend 1/2 C Fresh Cantaloupe Cal 650	12 Petite Beef Tenderloin Medallions (1 slice beef w au jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711	13 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	14 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	15 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/1/4 C Peaches Cal 634
18 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	19 Turkey & Smoked Gouda Sandwich (2 Sl Turkey, 1 Sl Cheese on WW Sandwich Roll) 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 694	20 Salisbury 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	21 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	22 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 Cup Guacamole Cal 601
25 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	26 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	27 CENTERS CLOSED	28 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	29 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