

Mon

Tue

Wed

Thu

Fri

1 CENTERS CLOSED 	2 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, Ketchup Fresh Apple Cal 889	3 Hawaiian Chicken (1 Chicken Breast, Pineapple, Sweet and Sour Sauce) Margarine 1/2 C Stir Fried Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Cal 620	4 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Cal 810 WW Bread w/Margarine 1 Sl Pound Cake w/1/4 C Peaches	5 Greek Salad w/Salmon (1 Salmon Filet) Salad (2 C 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
8 Broccoli Cheese Stuffed Chicken (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	9 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Hoagie Roll 1/2 C Jello Cal 843	10 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Chuckwagon Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 710	11 Grilled Chicken Salad (1/2 C Grilled Chicken) Salad & Dressing (Lettuce, Tomato, Cucumber) 1 C Tomato Soup 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 601	11 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing WW Bread Oatmeal Cookie Cal 729
15 Breaded Dill Chicken Sandwich w/ WW Roll (Mayo Packet) (1 Breaded, Dill Chicken Breast) 1/2 C Tomato Cucumber Salad 1/2 C Chickpea, Kale, Edamame Quinoa Blend Fresh Cantaloupe Cal 730	16 Petite Beef Tenderloin Marsala (1 Sl Beef w/Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 712	17 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 651	18 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	19 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
22 Meatloaf with Gravy (1 Sl Meatloaf with Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	23 Turkey & Smoked Gouda Sandwich w/Mustard Pkt. (3 Sl Turkey, 1 Sl Cheese, WW Roll) 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 632	24 Meat Lasagna (1 Sl Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Italian Veggie Blend 1 WG Breadstick 1 Chocolate Chip Cookie Cal 666	25 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Breas w/Margarine Cal 602 1/2 C Strawberry Applesauce	26 French Onion Beef Sandwich (3/4 C Beef, Swiss Cheese, Balsamic Onions, WW Sandwich Roll) 1/2 C Italian Baby Baked Potatoes 1/2 C Buttered Carrots 1/2 C Fresh Fruit Cal 678
29 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes 1 WW Sandwich Roll w/Margarine 1/2 C Fresh Watermelon Cal 655	30 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 726			