

Monday	Tuesday	Wednesday	Thursday	Friday
2 Marinara Whole wheat Pasta MeatBall Collard Mandarin low-fat Milk Wheat Bread/ Margarine	3 Beef Stroganoff Mashed potato Peas & Asparagus Peach cup Low-fat Milk Wheat Bread/ Margarine	4 Chicken Marsala Roman Blend Cumin ginger Basmati Rice ,Pear 1% Low-fat Milk , Wheat Bread margarine	5 Baked Tilapia W/ Mango Chutney White rice, Carrots Diet gelatin 1% Low-fat Milk,Wheat Bread/margarine	
9 Black Eyed Peas Vegetable Stew Spanish Rice Applesauce 8 oz 1% Low-fat Milk Wheat Bread / margarine	10 Chicken Diane Carrots and Chards mashed potato Pear 8 oz 8 oz 1% Low-fat Milk Wheat Bread margarine	11 Turkey Enchiladas Marinada Spaghetti pasta Green beans Tropical Fruit 8 oz 1% Low-fat Milk Wheat Bread/ margarine	12 Bolognese Lasagna Mix Veggies Marinara sauce W.W. spaghetti diet pudding 8 oz 1% Low-fat Milk Wheat Bread margarine	13 Baked & blackened Cod Tartar Sauce House baked Potato Corn & red peppers Mandarin 8 oz 1% Low-fat Milk Wheat Bread margarine
16 Beef chili Corn Bread, Carrots Banana, 8 oz 1% Low-fat Milk Wheat Bread / margarine	17 Chicken Ranch Spinach Carrots rice Diet Pudding 8 oz 1% Low-fat Milk Wheat Bread / margarine	18 Cheese tortellini w/ Cream Tomato Broccoli AppleSauce 8 oz 1% Low-fat Milk Wheat Bread/ margarine	19 Turkey Teriyaki Meatballs Mashed potato Green Beans, 1 Pear 8 oz 1% Low-fat Milk Wheat Bread margarine	20 Baked cod w/ fresh herbs and Lemon potato, mix vegetables Pudding (Diet/Sugar Free) 8 oz 1% Low-fat Milk Wheat Bread / margarine
23 Chicken Stir fry, White Rice Oriental Blend Applesauce 8 oz 1% Low-fat Milk Wheat Bread margarine	24 Swedish Meatballs Mashed potato Kale Fresh Mandarin 8 oz 1% Low-fat Milk Wheat Bread margarine	25 Cod in Local Tomato lemon Butter Baked Sweet potato , Cauliflower Diet pudding 8 oz 1% Low-fat Milk Wheat Bread margarine	26 Chicken Piccata Orzotto Broccoli Fruit Cup 8 oz 8 oz 1% Low-fat Milk Wheat Bread / Margarine	27 Orecchiette Pasta Primavera, Carrots Diet Gelatin 8 oz 1% Low-fat Milk Wheat Bread / Margarine
30 Fried Chicken Steak w/ Gravy Green beans Biscuit, Apple 8 oz 1% Low-fat Milk Wheat Bread / Margarine				