


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken pot pie Pasta Cauliflower Applesauce 1% Low-fat Milk Wheat Bread margarine	2 Chicken Florentina Mashed potato Green Beans Peach Cup 1% Low-fat Milk Wheat Bread margarine	3 Turkey Bolognese Cheese ravioli Broccoli diet- Gelatin 1% Low-fat Milk Wheat Bread margarine	4 Mac & Cheese Carrots & Zucchini Mandarin cup 1% Low-fat Milk Wheat Bread margarine
7 Honey Mustard Chicken rosemary Brown Rice Vegetable Medley Peach 1% Low-fat Milk Wheat Bread margarine	8 Stuffed Spinach Ricotta Shells, marinara sauce, garlic Green beans, Diet-gelatin, 1%Low-fat milk wheat bread/margarine	9 Bread Haddock Mashed Potato, Peas & Carrots Tropical Fruit 1% Low-fat Milk Wheat Bread margarine	10 Dill Crusted Chicken, Mix Veggies Cheddar, Spinach Grits, Diet pudding 1% Low-fat Milk Wheat Bread margarine	11 Hearty Beef Chili , Brown Rice Cauliflower Peach 1% Low-fat Milk Wheat Bread margarine
14 Holiday! No meals delivered.	15 Chimichurri Chicken Breast Jack Brown rice, mix veggie, Tropical fruit, 1% Low-fat Milk Wheat Bread margarine	16 Black pepper & Sage Turkey Big Meat Ball w/Cranberry sauce Mashed potato Brussels Sprouts & Corn Mandarin/ 1% Low-fat Milk Wheat Bread /Margarine	17 Chicken Scampi, Cavatappi pasta, Steamed Broccoli, Mandarin, 1% Low-fat Milk Wheat Bread margarine	18 Garlic Herb Roasted Cod Fish & Beurre Blanc Sauce, Parsley Potatoes zucchini Applesauce 1% Low-fat Milk Wheat Bread margarine
21 Turkey meatball w/ gravy, Potato Leeks Mash Corn and red peppers, Applesauce 1% Low-fat Milk Wheat Bread margarine	22 Braised Beef w/ vegetables Mashed sweet potato Tropical Fruit 1% Low-fat Milk Wheat Bread margarine	23 Mediterranean Cod, baked potato Carrots Pear 1% Low-fat Milk Wheat Bread margarine	24 Chicken Piccata Orzotto Broccoli Fruit Cup 1% Low-fat Milk Wheat Bread margarine	25 Mushroom Chicken Wild Rice, Garlic Roasted green beans Diet- Gelatin, 1% Low-fat Milk Wheat Bread margarine
28 American Chop Suey, Green Beans, Applesauce 1% Low-fat Milk Wheat Bread margarine	29 Fish Cake w/ Tartare sraeli couscous Fava bean and Corn Pea Pudding 1% low fat milk wheat bread maragarine	30 Tortellini Fall Soup Broccoli peach 1% Low-fat Milk Wheat Bread margarine	31 Grill Chicken Butternut Squash risotto W/ Spinach Gelatin 1% Low-fat Milk Wheat Bread Margarine	 <p>*Menu subject to change without notice</p>