

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Meatloaf w/ Country Gravy Mashed Potatoes Peas and Carrots Whole Wheat Bread Banana Fruit Cup	2 Potato Crusted Fish Filet Au Gratin Potatoes Cole Slaw Whole Wheat Bread Hot Applesauce
5 Meatballs Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Soft Hoagie Roll Whole Orange *low sodium beef patty	6 Salisbury Steak & Vegetables Mashed Potatoes Cabbage & Carrots Multi-Grain Bread Ranger Cookie, Whole Apple *low sodium pork cutlet *diabetic sub	7 Ham & Turkey Club Focaccia Flat Bread Lettuce & Tomato Pea Salad Pineapple Tidbits	8 Chicken & Mini Dumplings Garden Vegetables Corn and Black Bean Salad Multi-Grain Hot Glazed Apples Banana	9 Veal Parmesan Penne Pasta w/ Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon
12 Chicken Ala Orange Vegetable Rice Pilaf Green Bean Salad Wheat Cranberry Bread Hot Peach Crumble	13 French Dip of Beef W/ Mushrooms & Onions Oven Fries Harvard Beets French Roll Fresh Melon Chef Choice	14 Classic Lasagna W/ Meat Sauce Squash Medley Italian Green Beans Garlic Bread Oatmeal Raisin Cookie *diabetic sub	15 Surimi Crab Salad Mixed Salad Greens & Tomato Wedges Dilled Cucumbers Whole Wheat Bread Apple Crisp, Fruit Cup *diabetic sub	16 Hot Dog Twice Baked Potato Casserole Peas and Carrots Hot Dog Bun Banana *Low Sodium Pork BBQ
19 Prime Rib of Pork Sweet Potato Mashed Chef's Vegetable Rye Bread Strawberry Yogurt *diabetic sub	20 Hamburger Baked Beans Mixed Vegetables Wheat Hamburger Bun Fruit Sunburst, Melon *low sodium white beans *diabetic sub	21 BLT Chicken Salad Mixed Greens & Tomato Wedges, Tri-Bean Salad Crackers Ambrosia Fruit Custard *low sodium sub no bacon, *diabetic sub	22 Spaghetti and Meatballs W/ Marinara Sauce Capri Vegetables Wheat Vienna Bread Chilled Pears	23 Citrus Alaskan Pollock Mashed Potatoes Green Bean Casserole Bran Muffin Bread Melon
26 Baked Meatloaf W/ Country Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Bread, Fresh Orange *low sod tomatoes	27 Enchilada Breakfast Casserole Diced Hash browns Peach Cobbler Juice Banana, Chef Choice	28 Slow Roasted Beef Au Gratin Potatoes Harvard Beets Multi-Grain Dinner Roll Mixed Fruit	29 Chicken Booyah & Veg Mashed Potatoes Spiced Apples Rye Bread Spiced Apples Mixed Salad Greens	30 Turkey Pasta Salad w/ Shell Rigate Leaf Lettuce Garnish & Tomato Wedges, Tri Bean Salad, Whole Wheat Bread, Pineapple Tid Bits