

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Taco Salad - or - Shrimp Fried Rice	2 Riblettes - or - Honey Mustard Grilled Chicken Sandwich	3 Breaded Catfish - or - Beef Stew	4 Chicken Marsala	5 Yankee Pot Roast w/Gravy
	6 Cheese Ravioli w/ Alfredo Sauce - or - Chicken Spinach Wrap	7 Chicken Salad Sandwich on Croissant - or - Stuffed Pepper	8 Beef Stroganoff - or - Panko Fried Chicken	9 Chicken Teryaki - or - Goulash	10 Sloppy Joe - or - Grilled Ham & Cheese	11 Roast Turkey
	12 Riblettes	13 Lemon Pepper Cod - or - Chicken Stir Fry	14 Egg Salad on Croissant - or - Pesto Chicken	15 Pork Carnitas - or - Chef Salad	16 Stuffed Pasta Shells - or - Turkey Melt	17 Chicken a la King - or - Catfish
	18 Cheese Ravioli w/ Alfredo Sauce	19 Beef Stroganoff	20 Smothered Pork Chop - or - Chicken Marsala	21 Salmon Burger - or - Tamale w/Green Chili	22 BLT - or - Manicotti	23 Meatloaf w/Gravy - or - Chicken & Dumpling
	24 Chicken Alfredo - or - Swedish Meatball	25 Sloppy Joe	26 Stuffed Pasta Shells w/Marinara	27 Beef Chimichanga	28 Meatball Sub - or - Chicken Salad Sandwich	29 Chicken Carbonara - or - Shrimp Creole
			30 Swiss Steak - or - Chicken BLT	31 Baked Citrus Tilapia - or - Roast Turkey		(LS) = Low Sodium Choice