

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.			1 South Western Chicken Peas & Carrots 3 Bean Salad WW Roll Orange	2 Goulash Green Beans Salad w/ Dressing WW Bread Apple	3 Chicken Piccata Pasta Winter Blend Vegetables Peaches High Fiber Cookie	4 Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple
5 Pepper Steak Brown Rice Lima Beans Dinner Roll Strawberries	6 Jerk Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Coleslaw Apple	7 Cod Piccata Wild & Brown Rice Broccoli Mandarin Orange High Fiber Cookie	8 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange	9 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup	10 Beef Stew Lima Beans Whole Wheat Roll Pineapple Orange Compote	11 South Western Chicken Peas & Carrots 3 Bean Salad WW Roll Orange
12 Mushroom Ravioli w/ Marinara Broccoli Salad w/Dressing Diced Pears Raisin Nut Cup	13 Chicken Salad Sandwich on Croissant Tomato Basil Bisque High Fiber Cookie Orange	14 Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Coleslaw Tropical Fruit Roll	15 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple	16 Bratwurst Cabbage & Carrots Potato Salad WW Bread Banana WW M&M Cookie	17 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange	18 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup
19 Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple	20 Beef Fajita w/ Peppers, Onions, Cheese, Sour Cream & Salsa, Tortillas Spanish Rice SW Black Beans Strawberries	21 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie	22 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Orange	23 Breaded Catfish Wild & Brown Rice Peas Spinach Mandarin Salad Banana	24 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple	25 Mushroom Ravioli w/ Marinara Broccoli Salad w/Dressing Diced Pears Raisin Nut Cup
26 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie	27 Pork Carnitas Tortillas Mexican Corn SW Black Beans Peaches	28 Tuna Salad on Croissant Chickpea Soup Sunflower Broccoli Salad Apple	29 Meatballs w/ Marinara Pasta Broccoli WW Roll Strawberries	30 Chicken Chow Mein Brown Rice Asian Vegetables Pear Choc. Chip Cookie Raisin Nut Cup	31 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Orange	Milk is provided with every meal.