


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Roasted Pork Mashed Sweet Potatoes Roasted Red Cabbage Fruit Cocktail <i>Week 1</i>	BBQ Chicken Breast Wheat Pasta Roasted Carrots Tropical Fruit	Stuffed Peppers Wax Beans Seasonal Fruit	Alaskan White Fish Brown Rice Roasted Beets Mandarin Oranges	Chopped Steak w/Onion Gravy Mashed Potatoes Broccoli Banana
11	12	13	14	15
Grilled Hamburger Broccoli & Cauliflower Mix Warmed Peaches <i>Week 2</i>	Pork Marsala Brown Rice Pilaf Carrots Applesauce	Tilapia w/Bread Crumbs Roasted Potatoes Capri Blend Vegetables Plums	Creamy Mac & Cheese Stewed Tomatoes Broccoli Mixed Fruit	Marinated Chicken Over bed of Romaine Lettuce Tomatoes Cucumbers Fresh Fruit
18	19	20	21	22
PA Dutch Turkey BBQ in White Sauce German Potato Salad Green Beans Seasonal Fruit <i>Week 3</i>	Breaded Veal Patty w/Brown Gravy Wheat Pasta Butternut Squash Applesauce	Baked Low Salt Ham Yams Asparagus Angel Food Cake	Chicken Breast with Creamy Pesto Sauce Roasted Potatoes Carrots Pineapple Tidbits	Crispy Fish Sandwich Wild Rice Blend Spinach Fresh Fruit
25	26	27	28	29
Teriyaki Chicken Brown Rice Broccoli Diced Pears Sugar Cookie <i>Week 4</i>	Turkey Salisbury Steak Mashed Potatoes Zucchini Fresh Fruit	BBQ Beef Rib-a-Que Roasted Potato Green Beans Banana	Pulled Pork Warm Bean Salad Creamy Spinach Applesauce	Cheese Ravioli w/Meatballs Brussels Sprouts Apricots