

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b><u>WEEK ONE</u></b>					<b>1</b> Vegetarian quiche Green beans Brown rice Whole wheat roll / margarine Lemon raspberry cup Milk
<b><u>WEEK TWO</u></b>	<b>4</b> Korean BBQ chicken Fried rice Oriental vegetables Corn Applesauce Milk	<b>5</b> Shepard's pie Green beans Baby carrots Garlic sticks Lemon cherry cup Milk	<b>6</b> Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	<b>7</b> Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Cherry lemon cup Milk	<b>8</b> Egg salad/ WW bread Pasta salad Tossed salad Pineapple Milk
<b><u>WEEK THREE</u></b>	<b>11</b> Chicken burger Waffle fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo /must Milk	<b>12</b> Spaghetti w meatballs Spinach Corn Italian bread Tropical fruit Milk	<b>13</b> Roasted pork loin Polenta Sauteed kale Applesauce Biscuit Milk	<b>14</b> Salisbury steak Mashed sweet potatoes Green beans WW bread Applesauce Milk	<b>15</b> Veg chili Greens Mashed potatoes Cornbread Pears Milk

<p><b><u>WEEK</u></b> <b><u>FOUR</u></b></p>	<p><b>18</b> Sausage w peppers and onions Roasted potatoes Sauteed kale Fruit cocktail WW hot dog bun Milk</p>	<p><b>19</b> Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Whole wheat tortilla Strawberry kiwi cup Milk</p>	<p><b>20</b> Pot roast w gravy Mashed potatoes Green beans WW roll Applesauce Milk</p>	<p><b>21</b> Grilled chicken w roasted red pepper sauce Wild rice Broccoli/carrots Garlic sticks Mandarin oranges Milk</p>	<p><b>22</b> Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk</p>
<p><b><u>WEEK</u></b> <b><u>FIVE</u></b></p>	<p><b>25</b> Chicken parmesan Penne marinara Spinach Garlic stick Mandarin Oranges Milk</p>	<p><b>26</b> Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk</p>	<p><b>27</b> Chef salad Potato salad Pear Milk</p>	<p><b>28</b> Pork fried rice Oriental veg Baby carrots Craisins Milk</p>	<p><b>29</b> Fish w pesto sauce Potato au gratin Green beans Birthday dessert WW bread Milk</p>