

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>				1 Salisbury steak Mashed sweet potatoes Green beans WW bread Raisins Milk	2 Hot dog on WW bun Must/ketch/relish Baked beans Green beans Mandarin oranges Milk
<u>WEEK TWO</u>	5 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Whole wheat tortilla Orange Milk	6 Egg salad/ WW bread Pasta salad Tossed salad Pineapple Milk	7 Veg chili Greens Mashed potatoes Cornbread Pears Milk	8 Lemon rosemary grilled chicken Polenta Broccoli/carrots Garlic sticks Cherry lemon cup Milk	9 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Orange Milk
<u>WEEK THREE</u>	12 Chicken parmesan Penne marinara Spinach Garlic stick Tropical fruit Milk	13 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk	14 Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk	15 Sloppy joe on WW bun Roasted potatoes Broccoli casserole Craisins Milk	16 Veg quiche Mashed sweet potatoes Green beans Peaches Garlic sticks Milk
<u>WEEK FOUR</u>	19 Chicken fettuccini alfredo Carrots Spinach Garlic sticks Applesauce Milk	20 Jambalaya Greens Peas and carrots Cornbread Pineapple Milk	21 Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	22 Chef salad Potato salad Pear Garlic sticks Milk	23 Chicken burger Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk
<u>WEEK FIVE</u>	26 Scrambled eggs w cheese Waffles Potatoes with peppers/onions Roasted brocc/cauli Orange Milk	27 Veg lasagna Spinach Baby carrots Banana Italian bread Milk	28 Shepard's pie Green beans Baby carrots Garlic sticks Lemon raspberry cup Milk	29 Beef and eggplant tagine Spinach Rice Peaches Milk	30 Fish w teriyaki sauce Fried rice Bok choy Birthday dessert Naan bread Milk