

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	1 Ham Black eyed peas Cornbread Cabbage Mandarin oranges Milk	2 Shepard's pie Green beans Baby carrots Garlic sticks Applesauce Milk	3 Turkey sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	4 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Lemon cherry cup Milk	5 Korean BBQ chicken Fried rice Oriental vegetables Corn Fruit cocktail Milk
<u>WEEK TWO</u>	8 Chicken burger Waffle fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	9 Spaghetti w meatballs Spinach Corn Italian bread Tropical fruit Milk	10 Egg salad/ WW bread Pasta salad Tossed salad Pineapple Milk	11 Salisbury steak Mashed sweet potatoes Green beans WW bread Raisins Milk	12 Roasted pork loin Polenta Sauteed kale Applesauce Biscuit Milk

<p><u>WEEK</u> <u>THREE</u></p>	<p>15 Sausage w peppers and onions Roasted potatoes Sauteed kale Fruit cocktail WW hot dog bun Milk</p>	<p>16 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Whole wheat tortilla Strawberry kiwi cup Milk</p>	<p>17 Veg chili Greens Mashed potatoes Cornbread Pears Milk</p>	<p>18 Grilled chicken w roasted red pepper sauce Wild rice Broccoli/ca rrots Garlic sticks Mandarin oranges Milk</p>	<p>19 Pot roast w gravy Mashed potatoes Green beans WW roll Applesauce Milk</p>
<p><u>WEEK</u> <u>FOUR</u></p>	<p>22 Chicken parmesan Penne marinara Spinach Garlic stick Mandarin Oranges Milk</p>	<p>23 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk</p>	<p>24 Tuna salad sandwich Snap pea salad Tomato cucumber salad Banana (2) WW bread Milk</p>	<p>25 Sloppy joe on WW bun Roasted potatoes Broccoli casserole Craisins Milk</p>	<p>26 Fish w pesto sauce Potato au gratin Green beans Birthday dessert WW bread Milk</p>
<p><u>WEEK</u> <u>FIVE</u></p>	<p>29 Chicken fettuccini alfredo Carrots Spinach Garlic sticks Applesauce Milk</p>	<p>30 Chef salad Potato salad Pear Garlic sticks Milk</p>			