

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	2 Jambalaya Green beans Peas and carrots WW bread Mandarin oranges Milk	3 Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk	4 Chicken piccata Mashed potatoes Spinach Applesauce Garlic sticks Milk	5 Tuna salad sandwich Snap pea salad Tomato cucumber salad Pineapple (2) WW bread Milk	6 Veg chili Greens Mashed potatoes Cornbread Pears Milk
<u>WEEK TWO</u>	9 Meatball and eggplant tagine Green beans Rice Pineapple Milk	10 Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	11 Stuffed peppers Mac and cheese Mixed veggies Cherry lemon cup WW roll Milk	12 Chef salad Potato salad Pear Garlic sticks Milk	13 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK THREE</u>	16 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato Green beans Tropical fruit Milk	17 Veg quiche Potatoes w peppers and onions Sautéed kale French toast w syrup Orange Milk	18 Chicken burger on WW bun Home fries Mixed veggies Mandarin oranges Ketchup/mayo/must /lettuce/tomato Milk	19 Turkey/cheese sandwich on WW bread (2) Slaw salad Couscous salad Strawberry kiwi cup Milk	20 Tortellini w turkey sausage and red pepper sauce Spinach Diced carrots WW roll Orange Milk
<u>WEEK FOUR</u>	23 Salisbury steak Mashed potatoes w green onion, cheddar, bacon Spinach WW bread Raisins Milk	24 Pierogies w meat sauce Okra/tomato Corn Biscuit Lemon raspberry cup Milk	25 BBQ chicken Mac and cheese Greens Cornbread Applesauce Milk	26 Chicken salad Tomato cucumber salad Coleslaw WW bread (2) Craisins Milk	27 Vegetarian lasagna Spinach Corn Garlic sticks Birthday dessert Milk
<u>WEEK FIVE</u>	30 Hot dog on WW bun Baked beans Green beans Tropical fruit Ketchup/must/relish Milk				