

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>			1 Veg chili Greens Mashed potatoes Cornbread Pears Milk	2 Pulled chicken Mac and cheese Spinach WW bun Pineapple Milk	3 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK TWO</u>	6 Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	7 Stuffed peppers Mac and cheese Mixed veggies Cherry lemon cup WW roll Milk	8 Tortellini w turkey sausage and red pepper sauce Spinach Diced carrots WW bread Orange Milk	9 Hamburger on WW bun w/mustard, mayo, ketchup Baked potato (green onion/cheddar cheese) Green beans Tropical fruit Milk	12 Chicken piccata Mashed potatoes Spinach Applesauce Biscuit Milk
<u>WEEK THREE</u>	13 Veg quiche Potatoes w peppers and onions Sauteed kale French toast w syrup Orange Milk	14 Salisbury steak Mashed potatoes w green onion, cheddar, bacon Spinach WW bread Raisins Milk	15 Ravioli w meat sauce Tossed salad w dressing Corn WW bread Lemon raspberry cup Milk	16 Chicken salad Tomato cucumber salad Coleslaw WW bread (2) Craisins Milk	17 Meatball and eggplant tagine Green beans Rice Naan Pineapple Milk

<u>WEEK</u> <u>FOUR</u>	20 Chicken burger on WW bun Home fries Mixed veggies Mandarin oranges Ketchup/mayo /must/lettuce/t omato Milk	21 Taco (beef) w cheese and salsa Brown rice/beans Mixed veggies WW tortilla Orange Milk	22 BBQ chicken Mac and cheese Greens Cornbread Fruit cocktail Milk	23 Tuna salad sandwich Snap pea salad Tomato cucumber salad Peaches (2) WW bread Milk	24 Jambalaya Green beans Peas and carrots Mandarin oranges WW roll Milk Free day
<u>WEEK</u> <u>FIVE</u>	27 Sausage w peppers/onion s Roasted potatoes Mixed veggies WW hot dog bun Ketchup/must ard Tropical fruit Milk	28 Vegetarian lasagna Spinach Corn WW bread Mandarin oranges Milk	29 Butter chicken Basmati rice Diced carrots Bok choy Naan Applesauce Milk	30 Shephards Pie Corn Tomato/okra salad Biscuit Strawberry kiwi cup Milk	31 Roasted turkey w gravy Green beans Mashed potatoes Birthday dessert WW roll Milk