



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stir Fry Steak Brown Rice Wheat bread Wheat bread Oriental vegetables Mixed fruit Low fat milk, Margarine	3 Shepherds pie Wheat bread Mixed vegetables Pears Low fat milk, Margarine	4 Vegetable Lasagna Wheat bread Baby carrots Mandarin oranges Low fat milk, Margarine	5 Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	6 Quinoa Corn Cakes Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine Tofu sauce
9 Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	10 Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	11 Braised beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk, Margarine	12 Curried chicken breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk, Margarine	13 Chicken Enchilada Brown rice Mixed Vegetables Pineapple Low fat milk, Margarine
16 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk, Margarine	17 Mediterranean chicken Rice Bread Garden vegetable blend Papaya/mango Low fat milk, Margarine	18 Meatloaf Mashed potato Wheat bread Mixed vegetables Mixed fruit Low fat milk, Margarine	19 Chicken Pasta/veggies Wheat bread Veggie in pasta Broccoli/Cauliflower Mandarin Oranges Low fat milk, Margarine	20 Paprika Chicken Mashed potatoes Wheat bread Green beans/carrots Peaches cup Low fat milk, Margarine
23 Salisbury steak Rosemary roasted potatoes, Wheat bread Mixed vegetables Pineapple Low fat milk, Margarine	24 Chicken noodle soup Potato salad Creamy coleslaw Diced veggies in soup Mandarin Oranges Low fat milk, Biscuit	25 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend, Trop. Fruit salad Low fat milk, Margarine	26 Potato Crusted Pollack Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	27 Tikka Masala Jasmine Rice Wheat bread Green beans Apple Low fat milk, Margarine
30 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit Low fat milk, Margarine	31 Shepherd's pie Wheat bread Mixed vegetables Pears Low fat milk Margarine			