






Mon	Tue	Wed	Thu	Fri
<p>1 Chicken Filet Parmesan (1 chicken breast) 1 C Zucchini Parmesan Soup 1/2 C WG Penne w/Sauce 1 1/4 C Strawberry Spinach Salad w/Dressing Cal 644 Chocolate Chip Cookie</p>	<p>2 Herb Baked Salmon (1 Filet) 1/2 C Scalloped Potatoes 1/2 C Roasted Brussels Sprouts WW Bread w/Margarine 1/2 C Chocolate Pudding</p>	<p>3 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C Broccoli Slaw 1/2 C Fresh Grapes Cal 712</p>	<p>4 Centers Closed </p>	<p>5 Pub Steakburger w/Cheese (1 Beef Patty, 1 slice cheese & WW Sandwich Roll) 1/2 C Carrots w/Ranch Dip 1 C Stuffed Pepper Soup Ketchup Cal 896 1/2 C Chocolate Pudding</p>
<p>8 Mojo Marinated Cod (1 Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Clementine Cal 686</p>	<p>9 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Wax Beans 1/2 C Creamy Spinach Orzo Pasta 1/2 C Diced Mango, Sugar Cookie Cal 720</p>	<p>10 Italian Sub (1/4 Sub Roll w/3 Oz Meat & Cheese) 1 C Tossed Salad w/Dressing Fresh Apple Cal 627</p>	<p>11 Petite Tenderloin Medallions Au Jus (3 Oz Beef) 1/2 C Mashed Potatoes 1/2 C Beets WW Bread w/Margarine Fresh Pear Chocolate Chip Cookie Cal 790</p>	<p>12 Birthday Menu Stuffed Pepper (1 Pepper w/ Meat Sauce) 1/2 C Steamed Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake Cal 771</p>
<p>15 Sausage and Peppers (4 Oz Link w/Tomato Sauce) WG Hoagie Roll Cal 860 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1/2 C Fresh Fruit Salad</p>	<p>16 Firehouse Chili (1C Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Cantaloupe Cal 656</p>	<p>17 Classic Cobb Salad (3 Oz Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine Fresh Orange Cal 628</p>	<p>18 Stuffed Cabbage Roll (1 Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yoghurt w/ 1/4 C Berries Cal 619</p>	<p>19 Chicken w/Gravy (1 Chicken Breast) 1 C Normandy Vegetable Blend 1/2 C Buttered Penne 1/2 C Apple Slices Chocolate Chip Cookie Cal 612</p>
<p>22 Swiss Steak (3 Oz Beef Patty) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear</p>	<p>23 Meatloaf w/Gravy (1 Slice) 1/2 Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine Banana Bread Cal 736</p>	<p>24 BBQ Turkey Flatbread (Flatbread w/ 2 Oz Turkey/1 Oz Cheese) 1/2 C Potato Salad 1/2 C Fresh Cantaloupe Cal 668</p>	<p>25 Chicken Cordon Bleu 1/2 C Carrots 1 C Butternut Squash Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 947</p>	<p>26 Beef Stroganoff (1 Cup) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Buttered Rotini Cal 726 Pound Cake w/Strawberries</p>
<p>29 Orange Chicken (3/4 C Diced Chicken) 1/2 C Stir Fry Veggie Blend 1/2 C Veggie Fried Rice 2 Slices WW Bread 1/2 C Diced Pineapple Cal 676</p>	<p>30 Penne w/Meatballs (1/2 C Penne w/Marinara Sauce and 2 Meatballs) 1/2 C Broccoli 1 C Side Salad w/Dressing 1/2 C Jello Cal 712</p>	<p>31 Chicken BLT Salad (3/4 C Diced Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 695</p>	<p></p>	<p></p>