


Mon	Tue	Wed	Thu	Fri
	1 Meatloaf w/Gravy (1 Slice) 1/2 C. Mashed Potatoes 1/2 C. Green Beans WW Bread w/Margarine Banana Bread Cal 736	2 BBQ Turkey Flatbread (Flatbread w/2 Oz. Turkey/ 1 Oz. Cheese) 1/2 C. Potato Salad 1/2 C. Fresh Cantaloupe Cal 668	3 Chicken Cordon Bleu 1/2 C. Carrots 1/2 C. Butternut Squash Soup WW Bread w/Margarine 1/2 C. Strawberry Banana Applesauce Cal 947	4 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
7 Orange Chicken (3/4 C. Diced Chicken) 1/2 C. Stir Fry Veggie Blend 1/2 C. Veggie Fried Rice 2 Slices WW Bread Cal 676 1/2 C. Diced Pineapple	8 Penne w/Meatballs (1/2 C. Penne w/Marinara Sauce and 2 Meatballs) 1/2 C. Broccoli 1/2 C. Carrot Coins 1/2 C. Jello Cal 712	9 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	10 Vegetable Lasagna (8 Oz.) 1/2 C. Carrots 1/2 C. Roasted Red Peppers WW Bread w/Margarine 1/2 C. Greek Yoghurt w/1/4 C. Berries Cal 718	11 Pulled Pork Sandwich (1/2 C. Pulled Pork & WW Sandwich Roll) 1/2 C. Coleslaw 1/2 C. Chuckwagon Corn 1/2 C. Fresh Cantaloupe Cal 683
14 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1 C. Zucchini Parmesan Soup 1/2 C. Penne w/Sauce 1 1/4 C. Strawberry Spinach Salad w/Dressing Cal 644 Chocolate Chip Cookie	15 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	16 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C. Broccoli Slaw 1/2 C. Fresh Grapes Cal 712	17 Maple Glazed Pork w/ Cider Gravy (4 Oz. Pork) 1/2 C. Sweet Potato Cubes 1/2 C. Brussels Sprouts WW Bread w/Margarine Oatmeal Cookie Cal 728	18 Pub Steakburger w/Cheese (1 Beef Patty, 1 Slice Cheese & WW Sandwich Roll) Ketchup 1/2 C. Carrots w/Ranch Dip 1 C. Stuffed Pepper Soup 1/2 C. Chocolate Pudding Cal 896
20 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C. Coleslaw Cal 686 1 C. Corn & Sweet Potato Soup 1/2 C. Cilantro Lime Brown Rice Fresh Clementine	22 Broccoli & Cheese Stuffed Chicken (1 Breast) 1/2 C. Wax Beans 1/2 C. Creamy Spinach Orzo Pasta 1/2 C. Diced Mango Sugar Cookie Cal 720	23 Italian Sub (1/4 Sub Roll w/3 Oz. Meat & Cheese) 1 C. Tossed Salad w/Dressing Fresh Apple Cal 627	24 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	Stuffed Pepper Birthday Menu (1 Pepper w/Meat Sauce) 1/2 C. Steamed Broccoli 1/2 C. Mashed Potatoes WW Bread w/Margarine Pound Cake Cal 771
28 Sausage & 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	29 Firehouse Chili (1 Cup) 1/2 C. Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C. Cantaloupe Cal 656	30 Classic Cobb Salad (3 Oz. Chicken) 1 C. Salad Greens w/Dressing WW Bread w/Margarine Fresh Orange Cal 625	31 Stuffed Cabbage Roll (1) 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	