





Monday	Tuesday	Wednesday	Thursday	Friday
				
4 Penne & Meatballs (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1 C Side Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 666	5 Orange Chicken (3/4 C Chicken Strips) 1/2 C Veggie Stir Fry Blend 1/2 C Veggie Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 616	6 Pulled Pork Sandwich (1/2 C Pulled Pork & 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn 1 WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 654	7 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp bacon) 1 C Salad w/Dressing 1 C Zucchini Parmesan Soup 2 WW Bread w/Margarine Cal 932 1/2 C Fresh Fruit Salad/Oreo Cookies	1 Chicken w/Gravy (1 Chicken Breast, Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges 1 Slice WW Bread Cal 612 Apple & 1 Lorna Doone Cookie
11 Maple Glazed Pork w/Cider Gravy 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels sprouts WW Bread w/Margarine 1/2 C Banana Pudding w/Nililla Wafers Cal 724	12 Pub Steakburger w/Cheese (1 Beef Patty, 1 Slice Cheese) 1/2 C Broccoli w Ranch Dip 1 C Tomato Soup 1 WW Sandwich Roll 1 Fresh Orange 1 Pkt Ketchup Cal 826	13 Ham & Cheese Frittata (1 Frittata) 1 C Greek Tossed Salad w Dressing WW Bread 1/2 C Roasted Red Potato Wedges 1/2 C Greek Yoghurt, 1/4 C Berries Cal 681	14 Italian Hoagie (3 SI Ham, 3 SI Salami, 2 SI Cheese) Hoagie Roll Lettuce, Tomato, Onion (on Hoagie) 1 C Tossed Salad w/Dressing Fresh Apple Cal 675	8 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange Cal 798
18 Stuffed Pepper (1 Pepper w/Meat Sauce) 1/2 C Broccoli Cal 810 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake w/1/2 C Peaches	19 Broccoli & Cheese Stuffed Chicken (1 Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601	20 Petite Tenderloin Medallions (1 slice beef w/au jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Pear Cal 712	21 Orchard Salad w/Chicken (3/4 C Diced Chicken, 1 TBSP Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing 1 Garlic Knot Cal 740 1/2 C Greek Yoghurt, 1/4 C Berries	15 Chicken Filet Parmesan (1 Chicken Breast, Tomato Sauce, Cheese) 1 1/4 C Strawberry Spinach Salad 1/2 C Garlic Green Beans 1/2 C WG Penne Pasta w/Sauce 1 Pkt Fig Newtons 1 Pkt Dressing Cal 702
25 Firehouse Chili (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 657	26 Chicken w/Gravy (1 Chicken Breast, Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread Apple & 1 Lorna Doone Cookie Cal 631	27 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 620	28 Center Closed	22 Center Closed
				29 Center Closed