

Mon	Tue	Wed	Thu	Fri
<p><b>2 Meatloaf w/Gravy</b> (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Carrots <b>Cal 726</b> WW Bread w/Margarine Banana Bread (1 Mini Loaf)</p>	<p><b>3 Chicken Cordon Bleu</b> (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup <b>Cal 860</b> 1/2 C Confetti Rice 1/2 C Strawberry Banana Applesauce</p>	<p><b>4 Beef Stroganoff</b> (1 C Beef Stroganoff) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Sl Pound Cake w/1/4 C Berries <b>Cal 738</b></p>	<p><b>5 BBQ Turkey Flatbread</b> (4 Slices Turkey, 1 Sl Cheese) 1/2 C Potato Salad 1 WG Flatbread 1/2 C Fresh Cantaloupe <b>Cal 666</b></p>	<p><b>6 Sweet and Sour Salmon</b> (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit <b>Cal 748</b></p>
<p><b>9 French Onion Chopped Steak</b> (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes <b>Cal 864</b> 1/2 C Asparagus &amp; Red Peppers WW Bread w/Margarine Mini Chocolate Chip Cookies</p>	<p><b>10 Raspberry BBQ Chicken</b> (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll <b>Cal 655</b> 1/2 C Fresh Cantaloupe</p>	<p><b>11 Swiss Steak</b> (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear <b>Cal 637</b></p>	<p><b>12 Chicken Avocado Salad</b> (3/4 C Diced Chicken, 1 SS C Guac) Salad (2 C Lettuce, Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad <b>Cal 686</b></p>	<p><b>13 Teriyaki Meatballs</b> (3 Meatballs, Teriyaki Glaze) 1/2 C Sesame Green Beans 1/2 C Veggie Fried Rice 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding <b>Cal 753</b></p>
<p><b>16 Penne w/Meatballs</b> (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1/2 C Side Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello <b>Cal 666</b></p>	<p><b>17 Orange Chicken</b> (3/4 C Chicken Strips) 1/2 C Stir Fry Veggie Blend 1/2 C Veggie Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple <b>Cal 616</b></p>	<p><b>18 Pulled Pork Sandwich</b> (1/2 C Pulled Pork, Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe <b>Cal 681</b></p>	<p><b>19 Chicken BLT Salad</b> (3/4 Diced Chicken, 2 Tbsp Bacon) 1 C Zucchini Parmesan Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Pkt Oreo Cookies <b>Cal 675</b></p>	<p><b>20 Vegetable Lasagna</b> (1 Pc Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange <b>Cal 798</b></p>
<p><b>23 Maple Glazed Pork w/Cider Gravy</b> (2 Sl Pork w Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glzd Brussels Sprouts WW Bread w/Margarine <b>Cal 724</b> 1/2 C Banana Pudding w/Nilla Wafers</p>	<p><b>24</b> <b>Center Closed</b></p>	<p><b>25</b> <b>Center Closed</b></p>	<p><b>26 Italian Hoagie</b> (3 Sl Ham, 2 Sl Salami, 2 Sl Cheese) Hoagie Roll Lettuce, Tomato, Onion on Hoagie 1 C Tossed Salad w/Dressing Fresh Apple <b>Cal 675</b></p>	<p><b>27 Chicken Filet Parmesan</b> (1 Chicken Breast, Tomato Sauce, Cheese) 1 1/4 Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1/2 C WG Penne Pasta w/Sauce 1 Pkt Fig Newton Cookies <b>Cal 702</b></p>
<p><b>30 Stuffed Pepper</b> (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake w/Peaches <b>Cal 810</b></p>	<p><b>31</b> <b>Center Closed</b></p>			