


Mon

Tue

Wed

Thu

Fri

	<p>1 Chicken w/Gravy (1 Chicken Breast, 1/4 C Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine 1 Lorna Doone Cookie Apple Cal 631</p>	<p>2 Stuffed Cabbage Roll (1 Cabbage 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</p>	<p>3 Chicken Avocado Salad (3/4 C Diced Chicken, 1 SS C Guacamole) Salad (2 C Lettuce Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686</p>	<p>4 Spanish Omelet (1 Omelets, Cheese, Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Croissant w/Margarine 1/2 C Fresh Fruit Salad Cal 618</p>
<p>7 Meatloaf w/Gravy (1 Slice Meatloaf, 1/4 C Gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine Banana Bread (1 mini loaf) Cal 726</p>	<p>8 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 815</p>	<p>9 Beef Stroganoff (1 C Beef Stroganoff) 1 C Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Sl Pound Cake w/1/4 C Berries Cal 742</p>	<p>10 BBQ Turkey Flatbread (1/2 C Chopped Turkey, 1 Sl Cheese, 1 Tbsp Coleslaw, & 1 Tbsp BBQ Sauce on Sandwich) 1/2 C Potato Salad WG Flatbread 1/2 C Fresh Cantaloupe Cal 666</p>	<p>11 Sweet & Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748</p>
<p>14 French Onion Chopped Steak (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes 1/2 C Asparagus & Red Peppers WW Bread w/Margarine Pkt Mini Chocolate Chip Cookies Cal 864</p>	<p>15 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 655</p>	<p>16 Deli Plate (1/4 C Tuna Salad & 1/4 C Egg Salad) 1 C Lettuce, Tomato, Cucumber 1 C French Onion Soup WW Bread w/Margarine Fresh Orange Cal 730 1 Pkt Berry Vanilla Cookies</p>	<p>17 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p>18 Stuffed Shells (2 Shells w/Cheese Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding Cal 811</p>
<p>21 Penne w/Meatballs (3 Meatballs w/1/4 C Sauce) 1/2 C Broccoli 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 670</p>	<p>22 Garlic Dijon Chicken (1 Chicken Breast w/garlic Dijon sauce) 1/2 C Whipped Sweet Potatoes 1/2 C Spinach 2 Sl WW Bread w/Margarine 1/2 C Diced Pineapple Cal 621</p>	<p>23 Pulled Pork Sandwich (1/2 C Pulled Pork, 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 654</p>	<p>24 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp Bacon) 1 C Salad w/Dressing 1 C Zucchini Parmesan Soup 2 Sl WW Bread w/Margarine 1/2 C Fresh Fruit Salad 1 Pkt Oreo Cookies Cal 932</p>	<p>25 Vegetable Lasagna (1 Piece lasagna, 2 Tbsp Mozzarella) 1/2 C Carrots 1 C Salad w/1 Pkt Dressing 1 Garlic Knot 1 Fresh Orange Cal 803</p>
<p>28 Maple Glazed Pork w/Gravy (1 Sl Pork w/1/4 C Cider Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Brussels Sprouts WW Bread w/ Margarine 1/2 C Banana Pudding w/1 Pkt Graham Crackers Cal 724</p>	<p>29 Pub Steak Cheeseburger (1 beef patty, 1 sl cheese, 1Pkt Ketchup) WW Sandwich Roll 1/2 C Broccoli w/Pkt Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826</p>	<p>30 Ham & Cheese Frittata (1 Frittata) 1 Greek Salad w/Dressing 1/2 C Roasted Red Potato Wedges 1 Sl Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681</p>	