

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stuffed Cabbage Oven Browned Potatoes Carrots Whole Wheat roll Orange	2 Herbed Pork Loin Red Skin Potatoes Key West Vegetable Blend Whole Wheat Bread Plums	3 Baked Garlic Parmesan Chicken Parsley Potatoes Peas and Carrots Italian Bread Banana	4 Meatloaf w/Mushroom Gravy Mashed Potatoes Capri Vegetable Blend Romaine Garden Salad w/garbanzo beans Whole Wheat Bread Red Apple
5 Brd Turkey Patty Green Peas Red Skin Potatoes Creamy Cole Slaw Whole Wheat Bread Tapioca Pudding W/Pineapple	6 Chicken Divan Prince Charles Blend Mashed Potatoes Whole Wheat Bread Glorified Fruit Cocktail	7 Beef Chow Mein Green Peas Spinach Romaine Salad Whole Wheat Bread Diced Peaches	8 Chicken Broccoli Casserole European Blend Whole Wheat Bread Healthy Fruit salad	9 Oven Baked Fish Herb Diced Potatoes Succotash Whole Wheat Bread Fresh Fruit Salad	10 Lemon Chicken Oven Roasted Potatoes Capri Blend Whole Wheat Roll Orange	11 Pork Chop w/Sauerkraut Autumn Squash Zucchini Cole Slaw Rye Bread Mixed Fruit Cup
12 Baked Chicken w/mushroom gravy Mashed Potatoes Roasted Brussel Sprouts Whole Wheat Bread Pear Halves	13 Mostaccioli Italian Green Beans Romaine Garden Salad w/garbanzo beans Four-Fruit Salad Italian Bread	14 Baked Glazed Ham Yams Asparagus Whole Wheat Bread Spiced Peaches	15 Turkey Breast W/Gravy Whipped Potatoes Peas & Carrots Cole Slaw W/Green Pepper Dinner Roll Pumpkin Pie Cranberry Orange Relish	16 Lemon Pepper Cod Au Gratin Potatoes Prince Charles Blend Whole Wheat Bread Sliced Pineapple	17 Mexican Beef & Bean Casserole Romaine Garden Salad w/garbanzo beans Herbed Green Beans Whole wheat dinner roll Red Apple	18 Chicken a la King Belgium Carrots Mashed Potatoes Whole Wheat Bread Peach Halves
19 Garden Citrus Chicken Vegetable Rice Pilaf Vegetable Salad Whole Wheat Bread Citrus Fruit	20 Stuffed Green Pepper Parslied Carrots Oven Browned Potatoes Italian Bread Four-Fruit Salad	21 Tuna Tetrzzini Romaine Garden Salad w/garbanzo beans Asparagus Whole Wheat roll Fruit Salad	22 Sweet & Sour Meatballs w/Rice Mixed Vegetables Whole Wheat Bread Orange	23 HDM Frozen Meals	24 HDM Frozen Meals	25 HDM Frozen Meals
26 HDM Frozen Meals	27 Beef Pastie W/Gravy Peas Cabbage Pineapple Slaw Red Apple	28 Baked Pollock Almondine Herb Diced Potatoes Broccoli Cuts Whole Wheat Bread Healthy Fruit salad	29 Macaroni & Cheese Whole beets Spinach Romaine Salad Whole Wheat Bread Coconut Tropical Fruit Salad	30 Roasted Vegetable Lasagna Italian Green Beans Romaine Garden Salad w/garbanzo beans Italian Bread Citrus Fruit		