



Meal \$6.00
With White Milk

Week 1

Week 2

Week 3

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pasta with Garden Veggie Lean Meat Sauce, Fresh Caesar Salad and Garlic Toast	Chicken Stir Fry with Fresh Vegetables, served with Steamed Rice or Pasta	Homemade Shepherd's Pie served with Coleslaw and Fresh Dinner Roll	Baked Fish Fillet, Baked or Mashed Potato, with Side of Oven Roasted Veggies	Soft Beef or Chicken Tacos served with Corn and Mexican Rice
Week 2	Homemade Beef Vegetable Macaroni Bake, served with Fresh Spinach Salad and a Freshly Baked Dinner Roll	Sweet and Sour Meatballs, served over Noodles or Brown Rice, with Stir Fried Veggies	Chicken Enchilada Bake, with Mexican Rice, and Corn	Baked Ham with Mashed Potatoes and Seasonal Steamed Vegetables	Hot Turkey Sandwich with Mashed Potatoes, Local Seasonal Veggies, and Gravy
Week 3	Chicken Broccoli Pasta with side of Crisp Tossed Salad with Fresh Whole Wheat Baked Roll	Thai Beef Stir Fry with Fresh Vegetables, served on a bed of Steamed Rice	Homemade Shepherd's Pie served with Coleslaw and Fresh Dinner Roll	Baked Fish Fillet, Baked or Mashed Potato, with Side of Oven Roasted Veggies	Homemade Chicken Fricot with Garden Salad and a Freshly Baked Roll
Week 4	Homemade Lasagna with Lean Ground Beef, served with Zesty Caesar Salad and Garlic Toast	Chicken Fajita on WW Tortilla with Broccoli Salad and Fluffy Rice	Sliced Roast Beef served with baked Potato, Seasonal Veggies and Gravy	Honey Garlic Chicken Served over Noodles or Brown Rice with Stir Fried Veggies	Hearty Homestyle Chili with Garden Salad and Fresh Baked Whole Wheat Roll
<p>Sub Bar Available Daily</p> <p>A selection of fresh meats and veggies to choose from for your own creation! Fabulous Local Pitas, Fresh Baked Breads, Flat Breads, Naan Breads and Flat Breads are available.</p> <p>Salad Bar Available Daily</p> <p>A selection of Fresh Local veggies to choose from for your own salad creation! Topping include variety of fresh meats, eggs, cheese, homemade croutons, All dressings are low fat, low calorie.</p>					
<p>Variety of Fresh Made Pizza's All include side salad</p>		<p>Homemade Burger Bar Chicken Breast Burgers All include side salad</p>		<p>Variety of Fresh Made Pizza's All include side salad</p>	
<p>A Variety of Home-Made Soups using Fresh and Frozen Vegetables, Low Sodium Bases, Lean Meats and Loaded with Flavor!</p>					
<p>Daily Variety of – Yogurt and Berries , Fruit Smoothies , Salads , Carrot and Celery Sticks with Dip , Veggie Snack Bags , WW Sandwiches , Hummus and Baked Tortilla Chips, Home-Made Healthful Desserts, Under 3 (salads & fruit that are all under 300cal and \$3), Yogurt Parfaits, Milk, Water and 100% Juice</p>					