

MENU WEEK #1

	SOUP	ENTRÉE SALAD	ENTRÉE	STARCH	VEGETABLE
SUNDAY	Tomato		Tuna Casserole Orange Chicken	Rice	Mixed Veggies
MONDAY	Chicken Noodle	Spinach Salad	Tinga (Mexican Chicken) Steak w/ Onion Bowl	Rice Tostada Shells & Fixings	Green Beans
TUESDAY	Vegetarian Chili	Sesame Broccoli Salad	Pad Thai Brisket Enchilada	Buttered Noodles	Braised Kale
WEDNESDAY	Black Bean Chipotle	The Best Macaroni Salad	Pulled Pork Sandwich Mushroom Curry	Wild Rice	Broccoli
THURSDAY	Tortilla Soup	Shrimp Avocado Cucumber Salad	Chicken Paella Orecchiette	Rife Pilaf	Corn
FRIDAY	Clam Chowder	BBQ Chicken Salad w/ Avocado Dressing	Honey Garlic Shrimp Prime Rib	Brown Rice	Spinach
SATURDAY	Garden Veggie		Spaghetti Grilled Chicken Breast	Mashed Potato	Zucchini

MENU WEEK #2

	SOUP	ENTRÉE SALAD	ENTRÉE	STARCH	VEGETABLE
SUNDAY	Yankee Pot Roast		Gyros Stuffed Bell Peppers	Cous Cous Pilaf	Sugar Peas
MONDAY	Tomato Gorgonzola	Cobb Salad	Fried Chicken Linguine w/ Peppers & Broccoli Rabe	Jasmine Rice	Green Beans
TUESDAY	Cream of Broccoli	Caprese Salad	Sub San Bar Hot Beef or Turkey Ham Chicken Tikka Masala	New Potatoes	Chard
WEDNESDAY	Vegetable Beef & Barley	Creamy Ranch Pasta Salad	Pasta Puttanesca Mexican Style Ribs	Pintos	Corn
THURSDAY	Stevie Wray's Infamous Roasted Red Pepper, Chicken & Rice	Thai Beef Salad	Teriyaki Chicken Bowl Black Bean Taco	Rice (Chick)	Broccoli
FRIDAY	Clam Chowder	Buffalo Chicken Salad	Cali Flatbread Blackened Catfish w/Mango Avocado Salsa	Rice	Carrots
SATURDAY	Zesty Lentil		Herb Baked Cod Pot Roast	Mashed Potatos	Mixed Vegetables

MENU WEEK #3

	SOUP	ENTRÉE SALAD	ENTRÉE	STARCH	VEGETABLE
SUNDAY	Navy Bean		London Broil Baked Ziti	Corn Bread	Green Beans
MONDAY	Thai Curry	Strawberry Spinach Salad	Fish & Chips Creamy Poblano Chicken	Roasted Potatos	Cauliflower
TUESDAY	Spanish Tomato	Chicken Avocado Salad w/Blackberry Dressing	Egg Roll Bowl Sesame Chicken	Rice	Broccoli
WEDNESDAY	Barley & Bean	Broccoli Salad	Calzone Taco Salad Bar	Pintos	Riviera
THURSDAY	Chicken Veggie	Chinese Chicken Salad	Weiner Wraps Buddha Bowl	Tator Tots	Braised Kale
FRIDAY	Clam Chowder	Rainbow Fruit Salad	Stuffed Chicken Breast BBQ Tri Tip	Baked Beans	Carrots
SATURDAY	Weight Watchers		Porcupine Meatballs Cheesesteak Sandwich	Butter Noodles	Capri