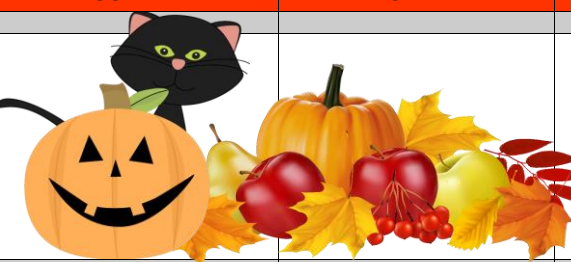





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
6	7	8	9	10	11	12
<b>Sweet and Sour Chicken Meatballs</b> Egg Barley with Mushrooms Steamed Broccoli <i>Fruit or Juice</i>	<b>Beef Meatballs in Tomato Sauce</b> Penne Capri Blend Vegetables <i>Fruit or Juice</i>	<b>Comforting Red Lentil Bolognese</b> Normandy Blend <i>Fruit or Juice</i>	<b>Chicken Kofta w/ Tomato Curry</b> Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	<b>Chili con Carne</b> Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>	<b>Baked Fish Marsala w/ Mushrooms</b> Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>	<b>BBQ Pork Chops</b> Baked Sweet Potato California Blend Vegetables <i>Fruit or Juice</i>
13	14	15	16	17	18	19
<b>Cheese Ravioli w/ Tomato Sauce</b> California Blend Vegetables <i>Fruit or Juice</i>	<b>Beef Meat Sauce w/ Peppers and Onions &amp; Stuffed Shells w/ Cheese</b> California Blend Vegetables <i>Fruit or Juice</i>	<b>Grilled Chicken Breast w/ Mushroom Gravy</b> Brown Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	<b>Spiced Lentil and Sweet Potato Curry</b> Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	<b>Chicken Scallopini</b> Fettucini with Sauce Broccoli and Red Peppers <i>Fruit or Juice</i>	<b>Teriyaki Baked Fish</b> Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	<b>Whole Wheat Macaroni and Cheese</b> Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
20	21	22	23	24	25	26
<b>Cheese Lasagna Rollups</b> Italian Blend Vegetables <i>Fruit or Juice</i>	<b>BBQ Chicken Breasts</b> Black Beans and Rice Italian Blend Vegetables <i>Fruit or Juice</i>	<b>Honey Mustard Chicken Drumstick</b> Orzo Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>	<b>Comforting Lentil and Bean Chili</b> Egg Barley with Mushrooms Normandy Blend <i>Fruit or Juice</i>	<b>Chicken Francaise</b> Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>	<b>Homemade Coconut Breaded Fish</b> Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>	<b>Baked Ziti w/ Ricotta</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
27	28	29	30	31		
<b>Cauliflower Fried Rice w/ Tofu and Edamame</b> Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	<b>Coconut Curried Chicken Breast w/ Vegetables</b> Rice and Beans Normandy Blend <i>Fruit or Juice</i>	<b>Brown Stew Chicken</b> Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i>	<b>BBQ Pork Chops</b> Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	<b>Eggplant Chickpea Tagine</b> Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>		

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).