



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Oven Baked Porkchops with Brown Gravy Baked Sweet Potato Steamed Broccoli	Cranberry Chicken Brown Rice Baby Carrots with Parsley	Baked Tilapia with Rustic Tomato Sauce Baked Brown Rice Steamed Green Beans Yellow Plantains	Black Bean and Sweet Potato Chili California Blend Vegetables
5	6	7	8	9	10	11
Honey Mustard Chicken Breast Beets and Baby Carrots with Dill Smashed Red Potatoes	Chicken Frijitas Garlic Mashed Potatoes Baby Carrots with Parsley	Vegetarian Lasagna Sauteed Zucchini Steamed Green Beans	Stewed Chicken Breast Cous Cous Steamed Cauliflower	Beef Meatballs in Tomato Sauce Barley Lemon Pilaf Steamed Broccoli	Teriyaki Baked Fish Yellow Plantains Steamed Green Beans	Baked Turkey Breast with Brown Gravy Brown Rice California Blend Vegetables
12	13	14	15	16	17	18
Cheese Tortellini in Alfredo Sauce Capri Blend Vegetables	Chicken Marsala Rice Pilaf Baby Carrots with Parsley	Sweet and Sour Tofu Chinese Style Spaghetti Steamed Broccoli	Orange Chicken with Rosemary Baked Sweet Potato Kale and Lemon	Caribbean Squash with Ground Beef Couscous Steamed Green Beans	Homemade Coconut Breaded Tilapia Cuban Black Beans Steamed Cauliflower	Lasagna Rolatini Tomato Sauce California & Prince Edward Vegetables
19	20	21	22	23	24	25
Brown Gravy Grilled Chicken Whole Grain Stuffing Italian Blend Vegetables	Vegan Stuffed Cabbage Rice Pilaf Steamed Green Beans	Jerk Chicken Leg Black Beans and Rice Steamed Cauliflower	Turkey Meat Sauce Egg Noodles Carrots	Stewed Chicken Breast Baked Potato Steamed Spinach	Baked Tilapia w/ Dill Lemon Sauce Yellow Rice California Blend Vegetables	Baked Macaroni and Cheese Italian and Normandy Blend Vegetables
26	27	28	29	30		
BBQ Chicken Breasts Homemade Mashed Potatoes Capri Blend Vegetables	Lasagna Rollettes Homemade Tomato Sauce Roasted Brussels Sprouts	Salisbury Steak with Brown Gravy Baked Sweet Potato Roasted Zucchini	Sweet and Sour Chicken Breast Perfect White Rice Steamed Broccoli	Chicken Breast and Rice Peas and Pearl onions Steamed Carrots		

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).