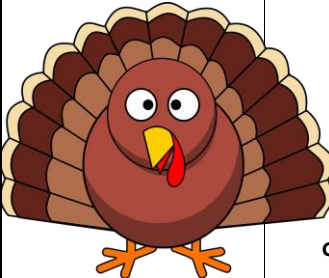


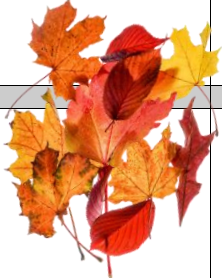
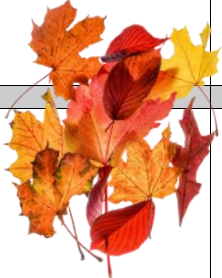
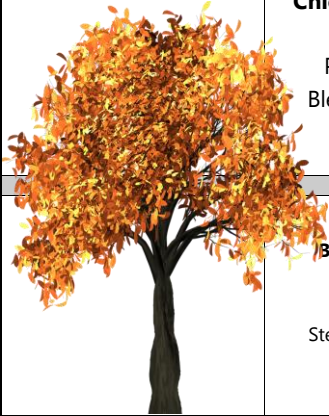



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	 6	 7	Quick Coconut Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend Fruit or Juice	Sweet and Sour Pork Chop California Blend Vegetables Garlic and Rosemary Roasted Potatoes <i>Fruit or Juice</i>	Baked Fish with Rustic Tomato Sauce Cous Cous Vegetables Mix <i>Fruit of Juice</i>	Cheese Lasagna Rollups w/ Tomato Sauce Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>
			8	9	10	11
	Coconut Curried Chicken Breast with Vegetables Rice and Beans Normandy Blend <i>Fruit or Juice</i>	BBQ Pulled Pork Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	Moroccan Eggplant, Chickpea, and Tomato Stew Brown Rice California Blend Vegetables <i>Fruit or Juice</i>	Chicken Meatballs w/ Mushroom Gravy Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>	Breaded Fish Fillet w/ Yogurt Tartar Sauce Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>	Chicken Stir Fry with Vegetables Pearled Barley Vegetable Mix <i>Fruit or Juice</i>
	13	14	15	16	17	18
	Cheese Lasagna Rollups w/Tomato Sauce Steamed Carrots Steamed Cauliflower <i>Fruit or Juice</i>	Vegetarian Three Bean Chili Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	Beef Meatloaf with Mushroom Gravy California Blend Vegetables Smashed Red Potatoes <i>Fruit or Juice</i>	Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i>	Spanish Style Baked Fish Couscous with Peas and Lemon Spiced Mixed Vegetables <i>Fruit or Juice</i>	Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans <i>Fruit or Juice</i>
	19	20	21	22	24	25
	Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Red Lentil Bolognese Normandy Blend <i>Fruit or Juice</i>	Chicken Kofta Cous Cous Steamed Cauliflower Fruit or Juice	Special Thanksgiving Meal Turkey w/ Gravy Stuffing Green Beans <i>Fruit or Juice</i>	Baked Fish Marsala with Mushrooms Steamed Green Beans Yellow Plantains Fruit or Juice	BBQ Pork Chops Baked Sweet Potato California Blend Vegetables <i>Fruit or Juice</i>
	27	28	29	30		
	Beef Meatballs in Tomato Sauce Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	Grilled Chicken Breast Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Stew Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken Scallopini Broccoli and Red Peppers Glazed Sweet Potatoes <i>Fruit or Juice</i>		

All meals will be accompanied by a carton of milk, whole wheat bread, margarine. Fruit OR juice varies per day.