



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Classic Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Comforting Red Lentil Bolognese Baked Brown Rice Pilaf Steamed Green Beans Fruit or Juice	Chicken Kofta w/ Tomato Curry Cous Cous Steamed Cauliflower Fruit or Juice	Chili con Carne Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>	Baked Fish Marsala with Mushrooms Italian Blend Vegetables <i>Fruit or Juice</i>	BBQ Pork Chops Baked Sweet Potato Normandy Blend <i>Fruit or Juice</i>
7	8	9	10	11	12	13
Sweet and Sour Chicken Meatballs Toasted Barley with Mushrooms Steamed Broccoli <i>Fruit or Juice</i>	Beef Meatballs in Tomato Sauce Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	Grilled Chicken Breast w/ Mushroom Gravy Caribbean Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Curry Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken Scallopini Fettucini with Sauce Broccoli and Red Peppers <i>Fruit or Juice</i>	Teriyaki Glazed Fish Vegetable Mix <i>Fruit or Juice</i>	Homestyle Vegan Whole Grain Mac and Cheese Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
14	15	16	17	18	19	20
Cheese Ravioli w/ Tomato Sauce California Blend Vegetables <i>Fruit or Juice</i>	Stuffed Shells w/ Tomato Sauce Baby Carrots with Parsley <i>Fruit or Juice</i>	Honey Mustard Chicken Drumstick Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	Comforting Lentil and Bean Chili Toasted Barley with Mushrooms California Blend Vegetables <i>Fruit or Juice</i>	Chicken Fricassee Yellow Rice Normandy Blend <i>Fruit or Juice</i>	Homemade Coconut Breaded Fish Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	Baked Ziti w/ Cheese Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
21	22	23	24	25	26	27
Cheese Lasagna Rollups Italian Blend Vegetables <i>Fruit or Juice</i>	BBQ Chicken Breasts Cuban Black Beans and Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	Stewed Chicken Breast California Blend Vegetables Kale with Tomato <i>Fruit or Juice</i>	Caribbean Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	Sweet and Sour Pork Chop Garlic and Rosemary Roasted Potatoes Collard Greens with Tomato <i>Fruit or Juice</i>	Baked Fish with Rustic Tomato Sauce Cous Cous California Blend Vegetables <i>Fruit or Juice</i>	Cheese Lasagna Rollups w/ Tomato Sauce Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>
28	29	30	31			
Cauliflower Fried Rice with Tofu and Edamame Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	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>	Eggplant Chickpea Tagine Brown Rice 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).