

EXAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Stuffed Pepper Scalloped Potatoes Corn Turkey Sandwich Potato Salad Fresh Fruit	Meat Loaf Mac and Cheese Peas Various Sandwich Potato Salad Mixed Fruit	Chicken Stir Fry Rice Pilaf Mixed Vegetable Turkey Sandwich Pasta Salad Watermelon	Beef Stew Roasted Potatoes Carrots Various Sandwich Garden Salad Fresh Fruit Cup	BBQ Ribs mac n cheese Green Beans Chicken Lunchmeat Sandwich Broccoli Salad Strawberries/Pineapple
8	9	10	11	12
Chili Mac and Cheese Peas Chicken Lunchmeat Sandwich Tomato, Cucumber, Onion Pears	Chicken Romano Rice Pilaf Steamed Vegetable Various Sandwich Garden Salad Strawberries	Ham/Bacon Home Fries Scrambled Eggs Rotisserie Chicken Sandwich Macaroni Salad Fresh Fruit Cup	Chicken Stir Fry Pot stickers Steamed Vegetable Various Sandwich Potato Salad Fresh Fruit Cup	Tilapia Haluski Green Beans Turkey Sandwich Broccoli Salad Fresh Fruit Cup
15	16	17	18	19
Meat Loaf Mac and Cheese Corn Turkey Sandwich Garden Salad Fresh Fruit Cup	Chicken Alfredo Pasta Green Beans Various Sandwich Cucumber Salad Banana/Apple	Pulled Pork BBQ Rice/Black Beans Green Beans Various Sandwich Tomatoes/Dressing Fresh Fruit Bowl	Stuffed Peppers Scalloped Potatoes Corn Ham Or Chicken Sandwich Garden Salad Watermelon/Pineapple/Strawberry	Salmon Haluski Green Beans Tuna Salad Sandwich Cucumber Salad Blackberries or Pears
22	23	24	25	26
Chicken/Artichoke Harts Noodles/Sauce Stewed Tomatoes Ham Sandwich Garden Salad Strawberry-Grapes	BBQ Ribs Mac and Cheese Green Beans Misc Sandwich Pasta Salad Fresh Fruit Cup	Meat Loaf Scalloped Potatoes Corn Turkey Sandwich Garden Salad Fresh Fruit Cup Pumpkin Pie	Turkey Stuffing Green Beans/Onions	Fish Sticks Haluski Peas Ham/Turkey Garden Salad Strawberry/Watermelon
29	30			
Pot Roast Mashed Potatoes Corn Turkey Sandwich Pasta Salad Watermelon?	Chicken w/Artichokes Noodles Green Beans Various Sandwich Potato Salad Watermelon/Pineapple			