

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chicken Parm Eggplant Parm Buttered noodles Garlic bread	2 Orange chicken Orange tofu Fried Rice
3 Orange chicken Orange tofu Fried Rice	4 Beef Enchiladas Potato Enchiladas Beans and Spanish rice	5 Beef Enchiladas Potato Enchiladas Beans and Spanish rice	6 Balsamic chicken Balsamic Portobello Mashed potatoes Seasonal veg	7 Balsamic chicken Balsamic Portobello Mashed potatoes Seasonal veg	8 Chicken & Sausage Gumbo Veggie Gumbo Rice	9 Chicken & Sausage Gumbo Veggie Gumbo Rice
10 Beef Tips Herb mashed potatoes Roasted brussels sprouts and yams	11 Beef Tips Herb mashed potatoes Roasted brussels sprouts and yams	12 Chicken pot pie Veggie pot pie	13 Chicken pot pie Veggie pot pie	14 Beef and Broccoli Veggie stir fry Korean Kimchi	15 Beef and Broccoli Veggie stir fry Korean Kimchi	16 Chicken Alfredo Veggie alfredo Seasonal veggie Garlic bread
17 Chicken Alfredo Veggie alfredo Seasonal veggie Garlic bread	18 Swedish Meatballs Lentil balls Buttered noodles Seasonal veggies	19 Swedish Meatballs Lentil balls Buttered noodles Seasonal veggies	20 Chicken cordon Bleu Garlic parmesan orzo with shallot Seasonal veggies	21 Chicken cordon Bleu Garlic parmesan orzo with shallot Seasonal veggies	22 Green Chili Tamale bake Pork Verde	23 Green Chili Tamale bake Pork Verde
24 Chicken Cacciatore Polenta Caramelized vegetables	25 Chicken Cacciatore Polenta Caramelized vegetables	26 Herb crusted pork loin Roasted cauliflower Sweet potato mash Seasonal veg	27 Herb crusted pork loin Roasted cauliflower Sweet potato mash Seasonal veg	28 Bruschetta Chicken Stuffed portobello Buttered noodles Garlic bread	29 Bruschetta Chicken Stuffed portobello Buttered noodles Garlic bread	30 Sweet and sour chicken Sweet and sour tofu Coconut rice Stir fry veg