

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Szechuan Pork (M,E,W,P,T,S,F, SF,SE) Brown Rice Winter Vegetables Green Salad w/ Dressing (E,SE,S,W)	2 Salisbury Steak Brown Gravy (M,S,W) Whipped Potatoes (M) Green Beans Carrot Raisin Salad (E) Roll (W,S,M) w/ Butter (M)	3 Turkey Tetrazzini w/ WG Pasta (W,S,M) Key Largo Vegetables Green Peas Vegetable Soup	4 Baked Tilapia Fish (F) Teriyaki Sauce (M,E,W,P,T,S,F, SF,SE) Brown Rice Pineapple Slaw (E) Mixed Vegetables
7 Closed	8 BBQ Diced Chicken Sandwich Baked Beans Potato Salad (E) WG Bun (W,S) Chocolate Chip Cookie (E,W,M,S)	9 Breaded Pollock Fish (F,W) Green Bean w/ Red Peppers Four Bean Salad w/ Carrots (M,E,W,P,T,S,F, SF,SE) Clam Chowder (SF,M) WG Bun (W,S)	10 Sweet & Sour Pork (M,E,W,P,T,S,F, SF,SE) Brown Rice Cabbage California Vegetables Asian Vegetable Soup	11 Turkey Chili Collard Greens Stewed Tomatoes WG Pasta Salad (W,S) Cornbread (W,E,M,S)
14 Yogurt Dill Turkey Salad (M,E) Lettuce, Tomato, & Onion Tomato, Cucumber, & Feta Salad (M) Split Pea Soup WW Bread (W,S)	15 Sloppy Joe Tater Tots Confetti Coleslaw (E) WG Bun (W,S)	16 Creamy Mushroom Chicken (S) Brown Rice Mixed Vegetables Broccoli	17 BBQ Pork Rib Patty (S) Candied Spiced Yams (S) Winter Vegetables Roll (W,S,M) w/ Butter (E)	18 Fish Sticks (F,W) Tartar Sauce (E) WG Mac & Cheese (W,S,M) Fiesta Vegetables Tuscan Bean Soup
21 Buffalo Ranch Chicken Sandwich on Bun (W,S) Cauliflower Key Largo Vegetables Tossed Salad w/ French Dressing (M)	22 Sesame Pork (M,E,W,P,T,S,F, SF,SE) WG Garlic Noodles (W,S) Sesame Green Beans (SE,S) Asian Cucumbers Corn Mushroom Soup (M,E,W,P,T,S,F, SF,SE)	23 Beef Frito Pie over WG Tortilla Chips Cilantro Coleslaw (E) Chuckwagon Corn	24 Beef Tamale w/Green Chili Sauce (W) Spanish Brown Rice Fiesta Vegetables Lime Gelatin	25 Coconut Curry Turkey (W) Brown Rice Scandinavian Vegetables Cream of Mushroom Soup (M,W,S)
28 Turkey Salad (E) Sandwich (W,S) Lettuce, Tomato, & Onion Spinach Salad Minestrone Soup (W,S,M) Balsamic Vinaigrette	29 Baked Chicken Breast Korean BBQ Sauce (M,E,W,P,T,S,F, SF,SE) Sesame Pasta (W,S,SE) Cauliflower Asian Green Bean Salad Egg Drop Soup (W,S,E)	30 Baked Tilapia (F) Honey Ginger Glaze (M,E,W,P,T,S,F, SF,SE) Asian Brown Rice (M,E,W,P,T,S,F, SF,SE) Carrot Pineapple Salad Salad w/ Dressing (E,SE,S,W) Citrus Lentil Soup	1 Bratwurst on Bun (W,S) Sauerkraut & Mustard Broccoli & Cauliflower Potato Salad (M,E)	2 Meatloaf Brown Gravy (W,S,M) Garlic Whipped Potatoes (M) Stewed Tomatoes Green Peas WW Roll (W,S) /Butter (E)



This kitchen prepares meals with: tree nuts (T), peanuts (P), soy (S), sesame (SE), eggs (E), milk (M), fish (F), shellfish (SF), wheat (W), and other gluten-containing products. We cannot guarantee that the menu items are allergen-free.



Meals are typically 760 mg or less. Any meals exceeding 1,000 mg are labeled with a blue dot (•) to represent the salt intake. It is recommended to have 2,300 mg or less daily.



All meals are served with low fat milk.



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