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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1 Two Compartment**American Chop Suey3oz beef ½ cup pasta4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll½ cup mandarins | **2** 4oz Potato Crunch Fish½ cup Rice Pilaf½ cup Fruit Crisp (Berry)1pc MG Bread½ cup Coleslaw 1pc Lemon Packet | **3 Two Compartment**Turkey pot pie3oz Diced Turkey ½ puff Pastry½ cup peas and carrots 3oz sauce½ cup Mashed potato 1pc Vienna Bread1pc Fresh Fruit | **4****Holiday****No Meals Served** | **5** 3oz Grilled Chicken 2oz BBQ Sauce½ cup Corn & Peppers(**Congregate:** corn on the cob)½ cup Warm Potato Salad½ cup Red gelatin Parfait with non-dairy topping & blueberries1pc Burger Bun**No Margarine** |
| **8** Smothered Pork 3 oz Pork Roast2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes½ cup Cauliflower 1pc WW Dinner Roll½ cup Applesauce  | **9 Two Compartment****Pasta & Meatballs** 3 oz Chicken Meatballs2 oz Marinara ½ cup Pasta½ cup Capri Blend1 pc Vienna bread½ cup Pineapple 1pc Parmesan  | **10** 3 oz Yankee Pot Roast 2 oz Au Jus½ cup Broccoli ½ cup Scalloped Potatoes1pc WW Bread1pc Fresh Fruit  | **11** **Special: Cold:** Sandwiches1.5oz Chicken Salad1.5oz Egg Salad4oz Orzo Salad4oz Coleslaw4oz Strawberry Shortcake2pc finger Rolls**No Margarine**  | **12 Two Compartment**8oz Vegetarian Chili 4oz Brown Rice1pc Cornbread½ cup Pudding  |
| **15 Two Compartment**1 pc Lasagna 4 oz Meat Marinara ½ cup Zucchini & Summer Squash1pc WW Bread ½ cup Mandarins 1 pkt Parmesan cheese | **16** 1pc PorkSausage2oz Peppers and Onions½ cup Tater Tots1/2 cup Roasted Butternut1pc Hot Dog Bun½ cup Applesauce**No Margarine** | **17** 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous½ cup Green beans 1pc Dinner Roll 1pc Fresh Fruit (Orange) | **18** 3oz Salmon 2oz Garlic & Lemon Butter½ cup Mashed Potatoes½ cup Creamed Spinach1pc MG Bread½ cup Yogurt1pc Juice (no milk) | **19** **Two Compartment**Cold:1 cup Tortellini Salad w/peas ½ cup Garden Salad1pc Cookie Brownie 1pc Oat Bread1pc Dressing |
| **22** **Two Compartment**3oz Grilled Chicken4oz Hawaiian Sauce with peppers & Pineapple½ cup White Rice½ Asian Blend Veggies ½ cup Canned Fruit1pc Dinner Roll | **23 Two Compartment**1 cup macaroni and cheese½ cup stewed tomatoes 1 slice Oat Bread ½ cup Canned Fruit | **24** **COLD:** 3oz Tuna Salad½ cup Three Bean Salad½ cup Garden Salad w/tomato2 slices Wheat Bread1pc Menu Magic Dressing ½ cup Fruit Whip**No Margarine** | **25 Birthday** 3oz Pulled Pork2oz BBQ sauce½ cup Sweet Potatoes½ cup Sauteed Garlic Kale 1pc Burger Bun1pc Birthday Cake**No Margarine** | **26** 1pc Bateman meatloaf(1.5oz beef & 1.5oz turkey)2 oz Gravy½ cup Mashed Potatoes½ cup Peas1pc Vienna Bread1pc Fresh Fruit |
| **29** 3 oz Sliced Turkey 2 oz gravy½ cup Mashed potato½ cup Carrots 1 pc LS Wheat Bread½ cup applesauce 1pc Cranberry Sauce (congregate) | **30** 1pc Cheese Omelet 1pc Roasted Potatoes½ cup Ratatouille 1pc Fruit Loaf½ cup Yogurt1pc Juice (no milk) | **31** Hot dog (LS Beef/pork)½ cup baked beans½ cup cinnamon apples½ cup Coleslaw 1pc Hot dog roll1pc Mustard1pc Relish**No Margarine** | **1 COLD:** 2 oz Roast Beef 1 slice Provolone Cheese1pc Potato Chips ½ cup Garden Salad2 slices MG Bread1 pkt Mustard1pc Menu Magic Dressing1pc Fresh Fruit (orange)**No Margarine** | **2** Two Compartment 3oz Grilled Chicken 2oz Piccata sauce½ cup WW spaghetti ½ cup Broccoli1pc WW Dinner Roll 1pc Cookie  |

\*https://littlesunnykitchen.com/marry-me-chicken/#wprm-recipe-container-23226