FEED MORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **Mildred's Meatloaf** (br sugar, vinegar, tomato, mustard, egg, bread crumbs) **Seasoned Broccoli** (no salt seasoning) **Baked Beans** (pinto beans, brown sugar, mustard, apple vinegar, molasses, ketchup, onions) **Whole Wheat Roll (2)**	**2** **Chicken & Broccoli Casserole** (low sod cr. of chix soup, sour cream, mayo mushrooms, water chestnuts, cracker crumbs) **WW Egg Noodles** **Roasted Cauliflower** (no salt seasoning) **Whole Wheat Roll**	**3** **Roast Pork Normandy** (flour, marg, onions, celery, apples, apple jce, applesauce, cream, lemon jce, s&p) **Oven Baked Sweet Potatoes** (oil, marg, s&p) **Seasoned Asparagus** (no salt seasoning) **Whole Wheat Roll (2)**
6 **Cheese Omelet** (eggs, cheddar cheese) **Roasted Root Vegetables** (potato, sweet potato, carrots, onion, oil, cranberry glaze) **Seasoned Greens** (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base) **Whole Wheat Roll (2)**	**7** **Roast Turkey w/ Gravy** (low salt mix) **Cauli-Pinto Mashed Potatoes** (low sod, veg base, onions, pinto beans, cauliflower, potatoes, bl pepper, garlic) **Seasonal Vegetable** **Whole Wheat Roll** **Applesauce Bran Muffin** (egg, milk, molasses, br sugar, baking pwd, bran flakes, flour)	**8** **Salmon Teriyaki Cake** (egg, mayo, Worcestershire sce., onion, paprika, horseradish, herbs, bread) **Fried Brown Rice** (egg, oil, carrots, peas, onions, ginger, LS soy sauce) **Asian Blend Vegetables** (Carrots, Celery, Onions, Snap Peas, Corn, Mushrooms, Soy sauce, Margarine) **Cinnamon Applesauce** **Whole Wheat Roll**	**9** **Spaghetti w/ Meat Sauce** (tomato, garlic, onion, sugar, Italian spices, Worcestershire sce.) **Seasoned Green Beans** (no salt seasoning) **Peach & Berry Crumble** (flour, oats, cinnamon, sugar) **Garlic Bread**	**10** **Brazilian Chicken Stroganoff** (oil, onions, mushrooms, tomato, milk) **Barley** **Steamed Broccoli** (no salt seasoning) **Fruit Cocktail** **Whole Wheat Roll**
13 **Chicken Pot Piew/ Cobbler Topping** (chicken, thyme, flour, onions, peas, carrots, poultry seasoning, marg, white pepper, low sod chix base, pie crust) **Seasoned Green Beans** (green beans no salt seasoning) **Baked Apples** (apple jce, apple pie spices, marg, br sugar, honey, corn starch) **Whole Wheat Roll**	**14** **Hamburger Steak w/ Mushroom** Gravy (Onions, bread crumbs, egg sub, bl pepper, horseradish) **Roasted Potatoes** (marg, oil, s&p) **Seasonal Vegetable** **Whole Wheat Roll (2)**	**15** **Baked Honey Lemon Chicken** (honey, lemon jce, garlic, s&p, parsley, cornstarch, paprika) **Succotash** (Succotash, base, black pepper) **Seasoned Beets** (no salt seasoning) **Whole Wheat Roll (2)**	**16** **Creamy Turkey Salad** (celery and mayo) **3 Bean Salad** (kidney, wax, green beans, onion, celery, green pep and Italian dressing) **Sliced Pears** **Whole Wheat Roll (2)**	**17** **Baked Fish w/ Lemon Butter** (butter, dill, lemon and thyme) **California Blend Vegetable** (broccoli, cauliflower, carrots) **Wild Rice Pilaf** (wild rice, low sod chicken broth, herbs, butte, onion, carrots) **Mandarin Oranges** **Cinnamon Muffin** (oil, sugar sub, flour, baking soda, salt, apples, egg, almond extract)
20 **Roast Turkey w/ Gravy** (low salt mix) **Confetti Corn** (gr. Pepper, onion, marg, parsley, basil, s & p) **Cranberry Glazed Carrots** (cranberry sce, OJ, vinegar, rosemary) **Whole Wheat Roll (2)**	**21** **Baked Fish with Carrot and Ginger Sauce** (LS soy sauce, honey, rice vinegar, sesame oil, LS veg soup base, onions) **Spoonbread** (four, butter, sour cream, egg, cornmeal, sugar, baking powder, salt) **Seasonal Vegetable** **Cinnamon Applesauce** **Blueberry Lentil Muffin** (flour, oats, oil cinn, sugar, eggs, milk)	**22** **Spanish Pork Chop** (onion, celery, tomato) **Whole Wheat Egg Noodles** **Seasoned Greens** (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base) **Peach Crisp** **Whole Wheat Roll**	**23** **Mac and Cheese** (macaroni, milk, egg, white pepper, mustard, cheddar cheese, bread crumbs) **Stewed Tomatoes** (Bread, salt, sugar, marg) **Steamed Broccoli** **Whole Wheat Roll**	**24** **Roast Beef with Gravy** (low salt mix) **Seasoned Peas** (no salt seasoning) **Braised Red Cabbage** (apple jce, LS soup base, vinegar, sugar) **Whole Wheat Roll (2)**
27 **Pulled BBQ Pork** (Pork, celery, onions, ketchup, dry mustard) **Creamy Turmeric Grits & Greens** (grits, collards, onion, tomato, gr pepper, turmeric, curry thyme, milk, bl pepper) **Baked Apples** (apple jce, apple pie spices, marg, br sugar, honey, corn starch) **Whole Wheat Roll**	**28** **Baked Fish w/ Citrus Sauce** (mayo, orange and lemon jce, mustard, tarragon, sugar sub) **Summer Squash Soufflé** (paprika, eggs, s & p, sour cream, cheddar cheese, bread, marg) **Seasonal Vegetable** **Whole Wheat Roll (2)**	**39** **Mildred's Meatloaf** (br sugar, vinegar, tomato, mustard, egg, bread crumbs) **Seasoned Broccoli** (no salt seasoning) **Baked Beans** (pinto beans, brown sugar, mustard, apple vinegar, molasses, ketchup, onions) **Whole Wheat Roll (2)**	**30** **Chicken & Broccoli Casserole** (low sod cr. of chix soup, sour cream, mayo mushrooms, water chestnuts, cracker crumbs) **WW Egg Noodles** **Roasted Cauliflower** (no salt seasoning) **Whole Wheat Roll**	