

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<b>1</b>		<b>2</b>		<b>3</b>	
				<p><b>Roast Turkey w/ Gravy</b> (Marg, oil, flour, LS turkey base, thyme s &amp; p)</p> <p><b>Herbed Bread Stuffing</b> (marg, celery, onion, LS veg base, poultry seasoning, thyme, ww bread)</p> <p><b>Seasoned Brussels Sprouts</b> (butter, salt free seasoning)d Broccoli (no salt seasoning)</p> <p><b>Fruited Gelatin Salad</b> (SF gelatin mix and canned fruit)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p><b>Old Fashioned Meatloaf w/ Gravy</b> (LS soup base, butter, flour, onion, gr pepper, egg, tomato sauce, worchestershire sauce, bread crumbs)</p> <p style="text-align: center;"><b>Garlic Smashed Potatoes</b> (marg, milk, garlic s &amp; p)</p> <p style="text-align: center;"><b>Seasoned Broccoli</b> (no salt seasoning)</p> <p style="text-align: center;"><b>Whole Wheat Roll (2)</b></p>	<p><b>Maple Glazed Pork Loin</b> (maple flavored pancake syrup, Dijon mustard, apple cider vinegar, LS soy sauce, bl pepper)</p> <p><b>Butternut Squash with Pears</b> (s &amp; p, rosemary, onion, butter)</p> <p style="text-align: center;"><b>Roasted Cauliflower</b> (marg, Italian dressing)</p> <p style="text-align: center;"><b>Whole Wheat Roll (2)</b></p>			
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
<p><b>Cheese Omelet</b> (eggs, whey, cream cheese, milk, salt, carob bean gum, sodium phosphate, soybean oil, food starch, salt, xanthan and guar gum, citric acid)</p> <p><b>Ratatouille</b> (oil, onion, garlic, eggplant, gr pep, tomato, zucchini, bl pepper, basil and oregano)</p> <p style="text-align: center;"><b>Oven Fried Potatoes</b> (marg, onion, gr pepper,s &amp; p)</p> <p style="text-align: center;"><b>Whole Wheat Roll (2)</b></p>	<p><b>Lemon Basil Chicken w/ Mushrooms</b> (s &amp; p, garlic, lemon, olive oil, onion, corn starch, LS chicken broth, basil)</p> <p><b>Butternut Squash Bake</b> (ww flour, oatmeal, br sugar, cinn, nut., salt, marg, oil, 1/2 and 1/2, all spice, van extract, egg)</p> <p><b>Custard Bread Pudding</b> (ww bread, egg, salt, sugar, van ext, milk, cinn, nutmeg)</p> <p style="text-align: center;"><b>Mandarin Oranges</b></p> <p style="text-align: center;"><b>Seasonal Vegetable</b> (no salt seasoning) <b>Whole Wheat Roll</b></p>	<p><b>Creamy Salmon Alfredo</b> (noodles, s &amp; p, oil, marg, onions, flour, LS veg base, milk, Old Bay, peas, bread crumbs, Romano cheese, parsley, paprika)</p> <p><b>Seasoned Greens</b> (marg, onion, apple cider vinegar, red &amp; bl pepper, salt free seasoning)</p> <p><b>Butterscotch Apple Dessert</b> (flour, breadcrumbs, br.sugar, salt, marg)</p> <p style="text-align: center;"><b>Parsley Buttered Carrots</b> (marg)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p><b>BBQ Pulled Pork</b> (oil, vinegar, ketchup, br. Sugar, onions, celery,Liq Smoke, dry mustard)</p> <p><b>Braised Red Cabbage</b> (marg, apple juice, LS veg base, apple cider vinegar, sugar)</p> <p><b>Sweet Potato Pudding</b> (marg, br.sugar, cinn, nutmeg, ginger, cloves, milk, egg)</p> <p style="text-align: center;"><b>Whole Wheat Roll (2)</b></p>	<p style="text-align: center;"><b>Beef Pot Roast</b> (celery, carrots, onion, s &amp; p)</p> <p style="text-align: center;"><b>Oven Roasted Potatoes</b> (marg, oil, s &amp; p)</p> <p style="text-align: center;"><b>Italian Green Beans</b> (oregano, garlic, s &amp; p, tomatoes)</p> <p style="text-align: center;"><b>Applesauce</b></p> <p><b>Whole Grain Muffin</b> (bran, oatmeal, flour, eggs, oil, molasses, br sugar, baking powder, salt)</p>					
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
<p style="text-align: center;"><b>Mac and Cheese</b> (oil, flour, milk, cheddar cheese)</p> <p><b>Baked Tomato Half</b> (bl pep, marg, bread, crumbs, onion)</p> <p style="text-align: center;"><b>Seasoned Broccoli</b> (no salt seasoning)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p style="text-align: center;"><b>Fish Creole</b> (oil, onion, celery, flour, tomato, vinegar, sugar)</p> <p style="text-align: center;"><b>Yellow Rice</b> (salt,oil, turmeric)</p> <p style="text-align: center;"><b>Seasonal Vegetable</b></p> <p style="text-align: center;"><b>Fruited Gelatin Salad</b> (SF gelatin mix and canned fruit)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p><b>Turkey Dressing Supreme</b> (cornbread, marg, celery, onion, gr pepper, flour, milk, LS chicken base, poultry seasoning, bl pep, garlic, sage)</p> <p><b>Cranberry Glazed Carrots</b> (OJ, apple cider vinegar, rosemary, cranberry sauce)</p> <p style="text-align: center;"><b>Sliced Peaches</b></p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p><b>Bavarian Beef</b> (oil, noon, caraway seeds, s &amp; p, bay leaf, vinegar, sugar, cabbage, ginger snaps)</p> <p style="text-align: center;"><b>Buttered Peas &amp; Onions</b></p> <p style="text-align: center;"><b>Roasted Cauliflower</b> (marg, Italian dressing)</p> <p style="text-align: center;"><b>Whole Wheat Roll (2)</b></p>	<p><b>Cheese Ravioli with Marinara Sauce</b> (ww flour, ricotta cheese, mozzarella, Romano cheese, oregano, parsley, oil, onions, garlic, carrots, tomato, bl pepper, basil)</p> <p style="text-align: center;"><b>Mixed Italian Vegetables</b> (no salt seasoning)</p> <p><b>Pear Crumble</b> (sugar, cinn, flour, lemon, br. sugar, oats, marg)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>					
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
<p>Chicken Pot Pie (marg, onions, flour, LS soup base, bl pep, thyme, poultry seasoning, peas, carrots, cobbler dough)</p> <p style="text-align: center;"><b>Turnips &amp; Greens</b> (marg, onions, LS veg base)</p> <p><b>Spiced Peaches</b> (apple cider vinegar, sugar, cinn, cloves, all spice)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p><b>Pork w/ Apples and Cranberries</b> (apple cider vinegar, OJ, dried cranberries, LS veg base)</p> <p style="text-align: center;"><b>Baked Sweet Potato</b></p> <p style="text-align: center;"><b>California Blend Vegetables</b> (no salt seasoning)</p> <p style="text-align: center;"><b>Whole Wheat Roll (2)</b></p>	<p><b>Orange Chicken &amp; Broccoli Stir-fry</b> (OJ, LS soy sauce, cornstarch, sugar, wine, oil, carrots, water chestnuts, garlic, ginger)</p> <p style="text-align: center;"><b>Brown Rice</b></p> <p style="text-align: center;"><b>Seasoned Beets</b> (no-salt seasoning)</p> <p style="text-align: center;"><b>Pie</b></p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<b>CLOSED</b>		<b>CLOSED</b>				
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>			
<p><b>Orange-Cranberry Chicken-</b> (olive oil, bl. Pep, salt free seasoning, OJ, Dijon mustard, cinnamon, raisins)</p> <p style="text-align: center;"><b>Seasonal Vegetable (salt free seasoning)</b></p> <p><b>Baked Acorn Squash</b> (salt, nutmeg, cinnamon, marg)</p> <p><b>Banana Oatmeal Bread</b> (oil, eggs, flour, oats, sugar, baking powder, baking soda, salt)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p style="text-align: center;"><b>Breaded Baked Fish</b> (bl pep, flour, plain bread crumbs)</p> <p><b>Corn and Cheese Pudding</b> (egg, flour, milk, s &amp; p,, Dill, corn, oil, onions, carrots, green pep, cheese)</p> <p><b>Sauteed Spinach w/ Olive Oil</b> (s &amp; p, nutmeg, lemon juice)</p> <p style="text-align: center;"><b>Peaches</b></p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p><b>Roast Turkey w/ Gravy</b> (Marg, oil, flour, LS turkey base, thyme s &amp; p)</p> <p><b>Herbed Bread Stuffing</b> (marg, celery, onion, LS veg base, poultry seasoning, thyme, ww bread)</p> <p style="text-align: center;"><b>Brussels Sprouts</b> (butter, salt free seasoning)</p> <p><b>Fruited Gelatin Salad</b> (SF gelatin mix and canned fruit)</p> <p style="text-align: center;"><b>Whole Wheat Roll</b></p>	<p><b>Old Fashioned Meatloaf w/ Gravy</b> (LS soup base, butter, flour, onion, gr pepper, egg, tomato sauce, worchestershire sauce, bread crumbs)</p> <p style="text-align: center;"><b>Garlic Smashed Potatoes</b> (marg, milk, garlic s &amp; p)</p> <p style="text-align: center;"><b>Seasoned Broccoli (no salt seasoning)</b></p> <p style="text-align: center;"><b>Whole Wheat Roll (2)</b></p>	<p>NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.</p>					