

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Cheese Omelet (eggs, whey, cream cheese, milk, salt, carob bean gum, sodium phosphate, soybean oil, food starch, salt, xanthan and guar gum, citric acid) Salsa Topping (tomatoes, onion, garlic, jalapeno, lime juice, salt, cilantro) Roasted Glazed Root Vegetables (potato, sw potato, carrots, onions, oil, cranberry glaze) Parslied Buttered Carrots Whole Wheat Roll (2)		Roast Turkey w/ Gravy (Marg, oil, flour, LS turkey base, thyme s & p) Herbed Bread Stuffing (marg, celery, onion, LS veg base, poultry seasoning, thyme, ww bread) Orange Sauced Vegetables (broccoli, carrots, oil, water chestnuts, orange juice, honey, lite soy sauce, cornstarch) Pineapple Tidbits Whole Wheat Roll		Beef Hamburger Patty Green Beans Mashed Potatoes Whole Wheat Roll (2)		CLOSED		Parmesean Crusted Fish (breadcrumbs, mayo, mustard) Lima Beans and Corn (low sod veg base, marg, s/p) Seasonal Vegetable (no-salt seasoning) Whole Wheat Roll (2)	
8		9		10		11		12	
Chicken Pot Pie (marg, onions, flour, LS soup base, bl pep, thyme, poultry seasoning, peas, carrots, cobbler dough) Seasonal Green Beans (no salt seasoning) Seasoned Beets (no-salt seasoning) Whole Wheat Roll		Turkey Meatloaf w/ Lemon Glaze (2% milk, s&p, rosemary, chili powder, breadcrumbs, lemon juice, onions, eggs, ketchup, br.sugar, mustard, hot sauce) Seasonal Vegetable (no-salt seasoning) Country Mashed Potatoes (1% milk, marg, salt) Sliced Pears Whole Wheat Roll (2)		Beef Hamburger Patty Green Beans Mashed Potatoes Whole Wheat Roll (2)		Tuna Salad over Lettuce (celery, onions, mayo, lemon juice, white pepper) 3-Bean Salad (wax, green and kidney beans, onions, apple cider vinegar, oil, sugar, celery, green pep) Rice Pudding (egg, cream, 2% milk, sugar, van extract, salt, cinnamon) Fruit Cocktail Whole Wheat Roll (2)		Beef and Red Pepper Casserole (pasta, breadcrumbs, ricotta cheese, carrots, garlic, onions, celery, italian seasoning, white wine, cornstarch, bl pepper) California Blend Vegetables (cauliflower, carrots, broccoli) Cinnamon Baked Apples (cornstarch, cinn, nutmeg, cloves, apple jce, marg, br sugar, honey) Whole Wheat Roll	
15		16		17		18		19	
Roast Turkey w/ Gravy (Marg, oil, flour, LS turkey base, thyme s & p) Mashed Root Vegetables (potato, rutabagas, parsnips, cream cheese, bl pepper, marg) Buttered Brussels Spouts Peaches Whole Wheat Roll (2)		Baked Fish w/ Lemon Butter (butter, dill, lemon and thyme) Succotash (frozen mix veg, LS base, bl pepper) Seasoned Beets (no-salt seasoning) Fruited Gelatin Salad (SF gelatin mix and canned fruit) Whole Wheat Roll (2)		Beef Hamburger Patty Green Beans Mashed Potatoes Whole Wheat Roll (2)		Mac and Cheese (oil, flour, milk, cheddar cheese) Stewed Tomatoes (Tomatoes, flour, bread, sugar, pepper and margarine) Seasoned Broccoli (no-salt seasoning) Whole Wheat Roll		Hamburger Steak w/ Onion Gravy (Onions, bread crumbs, egg sub, bl pepper, horseradish) Peas (no salt seasoning) Steamed Red Cabbage (marg, apple jce, apple cider vinegar, LS soup base, sugar) Applesauce Whole Wheat Roll (2)	
22		23		24		25		26	
Pulled BBQ Pork (oil, vinegar, celery, onions, ketchup, dry mustard, liq smoke, br. sugar) Seasoned Green Beans (no salt seasoning) Cinnamon Baked Apples (cornstarch, cinn, nutmeg, cloves, apple jce, marg, br sugar, honey) Whole Wheat Roll (2)		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) Seasoned Greens (no salt seasoning) Pineapple Tidbits Whole Wheat Roll (2)		Beef Hamburger Patty Green Beans Mashed Potatoes Whole Wheat Roll (2)		Salmon Pasta Bake (WW penne, onions, oil, yogurt, parsley, s&p, parm cheese, peas) Steamed Broccoli Peach Crisp (flour, oats, butter, sugar, lemon, cinn) Whole Wheat Roll		Chef Salad (mixed greens, tomato, turkey, eggs, cheese, carrots, green peppers, salad dressing) Sweet Potato Salad (celery, pineapple, sour cream, mayo, lemon, honey s&p) Fruit Cocktail Whole Wheat Roll (2)	
29		30							
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