

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST						
	Hot or Cold Cereal Cheese Omelet Chocolate Donut	Hot or Cold Cereal Pancake Scrambled Eggs	Hot or Cold Cereal Hard Boiled Egg Banana Nut Muffin	Hot or Cold Cereal Southwest Egg Bake Danish	Hot or Cold Cereal Bacon Hash Brown Patty	Hot or Cold Cereal Hard Boiled Egg French Toast Sticks	Hot or Cold Cereal Coffee Cake Scrambled Eggs
	LUNCH						
	Chicken Tenders Garlic Mashed Potatoes Creamy Cole Slaw Mixed Fruit	Turkey Club Chips Pickle Mandarin Oranges	Chicken Pot Pie Soup Whole Wheat Dinner Roll Fruit Cocktail	Swedish Meatballs Parsley Noodles Carrots Chocolate Chip Cookie	Beef Barley Soup Buttered Breadstick Sherbet	Beef Barley Soup Wheat Roll Ice Cream	Lasagna Rollups w/ Sauce Green Salad w/ Choice of Dressing Garlic Toast Sliced Pears
Heart Healthy, Lower Salt & Fat	Chicken Tender Meal	Turkey Sub no bacon Sunchips	Chicken Pot Pie Soup Meal	Swedish MeatballMeal	Beef Barley Soup Meal	Beef Barley Soup Meal	Lasagna Rollups w/ Sauce Green Salad w/ Choice of Dressing Wheat Roll Sliced Pears
CCHO (diabetic)	Chicken Tender Meal	Turkey Club	Chicken Pot Pie Soup Meal	Swedish MeatballMeal S.F. Cookie	S.F. Beef Barley Soup Meal	Beef Barley Soup Meal w/ Sugar Free Ice Cream	Lasagna Rollup w/ Sauce Meal
2 Gram Salt Restricted	Baked Chicken Breast Mashed Potatoes Vegetable Blend	Turkey Sub no bacon	Low Sodium Chicken Pot Pie Soup Whole Wheat Dinner Roll Fruit Cup	Swedish MeatballMeal	Beef Barley Soup Meal	Beef Barley Soup Meal	Lasagna Rollup w/ Sauce Meal
ALT	Hamburger	Fruit Plate w/ Cottage Cheese	Chicken Noodle Soup	Baked Chicken Breast	Chicken Noodle Soup	Tomato Soup w/ Grilled Cheese	Fruit Plate w/ Cottage Cheese
	DINNER						
	Honey Mustard Pork Tenderloin Roasted Red Potatoes Broccoli Pie	Pot Roast Whole Potatoes Baby Carrots Mango Mousse Cake	Ham Au Gratin Potatoes Sicilian Vegetables Dinner Roll Apple Dumpling	Roast Beef Mashed Potatoes Corn Chocolate Chip Cookie	Pepper Steak Rice Stewed Tomatoes Chocolate Pudding	Lemon Peppered Tilapia Baby Reds Green Peas Peaches	Meatloaf Ranch Mashed Potatoes Creamed Corn Cookie
Heart Healthy, Lower Salt & Fat	Honey Mustard Pork Tenderloin Meal	Pot Roast Meal	Baked Chicken Breast Au Gratin Potatoes Sicilian Vegetables Dinner Roll Apple Dumpling	Roast Beef Meal	Pepper Steak Meal	Tilapia Meal	Meatloaf Meal
CCHO (diabetic)	Honey Mustard Pork Tenderloin Meal w/ Sugar Free Pie	Pot Roast Meal SF Cookie	Ham Meal	Roast Beef Meal S.F. Cookie	Pepper Steak Meal	Tilapia Meal w/ Fresh Fruit	Meatloaf Meal S.F. Ice Cream
2 Gram Salt Restricted	Honey Mustard Pork Tenderloin Roasted Red Potatoes Broccoli Pie	Pot Roast Meal	Baked Chicken Meal	Roast Beef Meal	Pepper Steak Meal	Tilapia Meal	Meatloaf Meal
ALT	Beef Pot Roast	Sliced Pork	Cube Steak	Chef Salad	Turkey Breast Sliced	Cube Steak	Soup and Sandwich