

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hot Meal: Tuna Noodle Casserole - 6 oz Peas - 1/2 cup Mixed Veggies - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Orange Cup - 4oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Beef Stew - 1 cup Green Beans - 1/2 cup Corn - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Apple - 1 small Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Fish - 4 oz Mac and Cheese - 1/2 cup Broccoli - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Banana - 1 ea Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Stuffed Chicken - 4oz Scalloped Potatoes - 3 oz Cauliflower - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Fruit Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Country Fried Steak - 4 oz Gravy/Mashed Potatoes - 3 oz Mixed Veggies - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Fruit Jello - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Chefs Choice Entrée - 4 oz Chefs Choice Starch - 3 oz Chefs Choice Veggie - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Fruit Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hot Meal: Lasagna - 1 cup Peas - 1/2 cup Mixed Veggies - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Orange Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Salisbury Steak - 4 oz Gravy/Mashed Potatoes - 3 oz Cauliflower - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Apple - 1 small Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Sweet and Sour Chicken - 4 oz Brown Rice - 3 oz Broccoli - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Banana - 1 ea Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Stuffed Peppers - 4 oz Spanish Rice - 1/2 cup Corn - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Fruit Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Beef Stroganoff - 6 oz Green Beans - 1/2 cup Mixed Veggies - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Fruit Jello - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Chefs Choice Entrée - 4 oz Chefs Choice Starch - 3 oz Chefs Choice Veggie - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 slices Fruit - 1 ea Sweet/Dessert - 2 oz Beverage - 8 oz</p>

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hot Meal: Sloppy Joes (bun in cold bag) - 4 oz Peas - 1/2 cup Mixed Veggies - 1/2 cup</p> <p>Cold Bag: Hamburger Bun - 1 ea Orange Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Hamburger Casserole - 6 oz Carrots - 1/2 cup Cauliflower - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Apple - 1 small Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: BBQ Meatballs - 4 oz Brown Rice - 3 oz Broccoli - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Banana - 1 ea Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Spaghetti with Meat Sauce - 6 oz Mixed Veggies - 1/2 cup Corn - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Fruit Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Beef Stroganoff - 6 oz Green Beans - 1/2 cup Mixed Veggies - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Fruit Jello - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Chefs Choice Entrée - 4 oz Chefs Choice Starch - 3 oz Chefs Choice Veggie - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Fruit - 1 ea Sweet/Dessert - 2 oz Beverage - 8 oz</p>

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hot Meal: Chicken Enchiladas - 4 oz Spanish Rice - 3 oz Corn - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Orange Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Meatloaf - 4 oz Gravy/Mashed Potatoes - 3 oz Cauliflower - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Apple - 1 small Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Sliced Chicken Breast - 4 oz Ravioli/Alfredo Sauce - 3 oz Broccoli - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Banana - 1 ea Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Cabbage Rolls - 4 oz Stewed Tomatoes - 1/2 cup Corn - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Fruit Cup - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: BBQ Pulled Pork (bun in cold bag) - 4 oz Green Beans - 1/2 cup Mixed Veggies - 1/2 cup</p> <p>Cold Bag: Hamburger Bun - 1 ea Fruit Jello - 4 oz Sweet/Dessert - 2 oz Beverage - 8 oz</p>	<p>Hot Meal: Chefs Choice Entrée - 4 oz Chefs Choice Starch - 3 oz Chefs Choice Veggie - 1/2 cup</p> <p>Cold Bag: Bread and Butter - 2 Slices Fruit - 1 ea Sweet/Dessert - 2 oz Beverage - 8 oz</p>