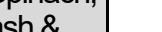


Please see back for instructions

NAME: _____
ROUTE: _____

Monday	Tuesday	Wednesday	Thursday	Friday
22 Holiday Pot Roast Port Wine Sauce, Broccoli, Potatoes, & Carrots 	23 Pork w/ Cranberry Gravy Roasted Potatoes, Corn & Zucchini 	24 Lasagna w/ Veggie Marinara Peas & Mushrooms 	25 Closed for Holiday	26 CH1: Waffles Blueberry Apple Sauce, Egg, & Sausage  CH2: Breaded Haddock Lemon Parsley Rice & Vegetable Blend 
29 Whole Grain Ravioli w/ Meat Sauce Parmesan Cheese, Corn & Peas 	30 CH1: Vegetable Alfredo Penne w/ Cream Sauce, Peas & Carrots  CH2: Rosemary Dijon Pork Sweet Potatoes & Broccoli 	31 CH1: Mild Chicken Jambalaya Apple Sausage, Tomato Broth, Celery, Peppers, Onion, Rice & Green Beans  CH2: Chicken Pot Pie Potatoes, Mixed Vegetables & Broccoli 	1 Closed for Holiday Beginning of January	2 CH1: Cinnamon French Toast Egg, Sausage & Cinnamon Applesauce  CH2: Haddock & Lemon Dill Sauce Veg. Rice Medley, Green Beans & Carrots 
5 Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley 	6 CH1: Apricot Chicken Vegetable Rice Medley, Zucchini & Peas  CH2: Roasted Pork w/ Apple Gravy Sweet Potatoes & Green Beans 	7 CH1: Autumn Chicken Stew Potatoes, Carrots, Tomatoes, Spinach, Quinoa, Celery, Onion, Squash & Broccoli  CH2: Shells & Cheese Vegetable Medley 	8 Matriark's Harvest Vegetable Stew Sweet Potatoes, Carrots, Navy Beans, Kale, & Rice <i>Local Partner!</i>	9 CH1: Pancakes & Egg Pancakes, Eggs, Sausage & Pears  CH2: Breaded Haddock Potatoes, Broccoli, Cauliflower & Carrots 
12 Hunter Style Chicken Red Wine & Tomato Sauce w/ Roasted Potatoes & Broccoli 	13 CH1: BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli  CH2: Chicken Tenders Mashed Potato, Peas & Carrots 	14 CH1: Mild Southwest Beef Cilantro rice, Corn, Black Beans, Tomatoes & Salsa  CH2: Mozzarella Filled Manicotti Butternut Squash Sauce, Peas, Garbanzo Medley & Carrots 	15 Golden Corral's Meatloaf Sandwich <i>Local Partner!</i>	16 CH1: Scrambled Eggs Potatoes, Diced Peaches & Chicken Sausage  CH2: Haddock Chowder Corn 
19 Closed for Holiday	20 CH1: Pork w/ Cranberry Gravy Potato Skins, Corn, & Zucchini  CH2: Beef & Tomato Mac Green Beans & Carrots 	21 CH1: Chicken, Mushroom & Spinach Risotto Peas & Carrots  CH2: Sweet & Sour Chicken Pineapple, Broccoli, Asian Style Vegetables & Rice 	22 Mrs. Budd's Chicken Pot Pie <i>Local partner!</i>	23 CH1: Waffles Blueberry & Apple Sauce, Egg, Sausage  CH2: Breaded Haddock Haddock, Lemon Parsley Rice & 4-Way Vegetable Blend 

Monday	Tuesday	Wednesday	Thursday	Friday
22 Beef Pot Roast w/ Mushroom Gravy Sweet Potato, Corn & Green Beans 	23 Pork w/ Cranberry Gravy Roasted Potatoes, Corn & Zucchini 	24 Chicken Breast w/ Herb Gravy Brown Rice Florentine & Broccoli 	25 Closed for Holiday	26 Chicken Breast w/ Broccoli Cheese Sauce Diced Potatoes & Green Beans 
29 BBQ Pulled Pork Sweet Potatoes, Corn & Zucchini 	30 Rosemary Dijon Pork Sweet Potatoes & Broccoli 	31 Mild Chicken Jambalaya Apple Sausage, Tomato Broth, Celery, Peppers, Onion, Rice & Green Beans 	1 Closed for Holiday Beginning of January	2 Haddock & Lemon Dill Sauce Veg. Rice Medley, Green Beans & Carrots 
5 Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley 	6 Apricot Chicken Vegetable Rice Medley, Zucchini & Peas 	7 Autumn Chicken Stew Potatoes, Carrots, Tomatoes, Spinach, Quinoa, Celery, Onion, Squash & Broccoli 	8 Roasted Pork w/ Apple Gravy Sweet Potatoes & Green Beans 	9 Breaded Haddock Potatoes, Broccoli, Cauliflower & Carrots 
12 Hunter Style Chicken Red Wine & Tomato Sauce w/ Roasted Potatoes & Broccoli 	13 BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli 	14 Mild Southwest Beef Cilantro Rice, Corn, Black Beans, Tomatoes & Salsa 	15 Haddock Chowder Corn 	16 Scrambled Eggs Potatoes, Diced Peaches & Chicken Sausage 
19 Closed for Holiday	20 Pork w/ Cranberry Gravy Potato Skins, Corn, & Zucchini 	21 Sweet & Sour Chicken Pineapple, Broccoli, Asian Style Vegetables & Rice 	22 Chicken, Mushroom & Spinach Risotto Peas & Carrots 	23 Beef Pot Roast w/ Tomato & Herb Sauce Roasted Potatoes Broccoli, Cauliflower & Carrots 

Monday	Tuesday	Wednesday	Thursday	Friday
22 Beef Pot Roast w/ Mushroom Gravy Sweet Potato, Corn & Green Beans 	23 Pork w/ Cranberry Gravy Roasted Potatoes, Corn & Zucchini 	24 Chicken Lo Mein 4-Way Vegetable Blend 	25 Closed for Holiday	26 Breaded Haddock Lemon Parsley Rice & Vegetable Blend 
29 BBQ Pulled Pork Sweet Potatoes, Corn & Zucchini 	30 Rosemary Dijon Pork Sweet Potatoes & Broccoli 	31 Mild Chicken Jambalaya Apple Sausage, Tomato Broth, Celery, Peppers, Onion, Rice & Green Beans 	1 Closed for Holiday Beginning of January	2 Breaded Haddock Roasted Potatoes, Broccoli, Cauliflower & Carrots 
5 Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley 	6 Apricot Chicken Vegetable Rice Medley, Zucchini & Peas 	7 Autumn Chicken Stew Potatoes, Carrots, Tomatoes, Spinach, Quinoa, Celery, Onion, Squash & Broccoli 	8 Roasted Pork w/ Apple Gravy Sweet Potatoes & Green Beans 	9 Beef Pot Roast w/ Mushroom Gravy Sweet Potato, Corn & Green Beans 
12 Hunter Style Chicken Red Wine & Tomato Sauce w/ Roasted Potatoes & Broccoli 	13 BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli 	14 Mild Southwest Beef Cilantro rice, Corn, Black Beans, Tomatoes & Salsa 	15 Rosemary Dijon Pork Sweet Potatoes & Broccoli 	16 Chicken Lo Mein 4-Way Vegetable Blend 
19 Closed for Holiday	20 Pork w/ Cranberry Gravy Potato Skins, Corn, & Zucchini 	21 Sweet & Sour Chicken Pineapple, Broccoli, Asian Style Vegetables & Rice 	22 Beef Pot Roast w/ Tomato & Herb Sauce Roasted Potatoes Broccoli, Cauliflower & Carrots 	23 Breaded Haddock Haddock, Lemon Parsley Rice & 4-Way Vegetable Blend 