

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Roast Beef Mashed Potatoes Low Sodium Brown Gravy Baby Carrots Dessert Pudding Layer CR Skim Milk	Meatloaf Low Sodium Macaroni & Cheese Brussels Sprouts Fruit Cocktail Milk	Panko Herb Crusted Fish Cheesy Rice Broccoli Cuts Peach Crisp Milk
6	7	8	9	10
Low Sodium Alfredo Sauce Grilled Chicken Strips Fettuccine Noodles Garlic Toast Vegetable Blend Fruit Mix Milk	Roast Beef with Noodles and Sauce Mashed Potatoes Asparagus Milk Chocolate Peanut Butter Pretzel Dessert	Baked Herb Fish <i>Tartar Sauce</i> Potato Wedges Vegetable Blend Apricot Halves Milk	Low Sodium Honey Garlic Chicken Baked Sweet Potato Zucchini Cookie Milk	Low Sodium Smothered Pork Cutlet Sour Cream Mashed Potatoes Green Beans Applesauce Milk
13	14	15	16	17
Low Sodium Swedish Meatballs <i>Egg Noodles</i> Vegetable Blend Mixed Berry Cobbler Milk	Cube Steak Mashed Potatoes Low Sodium Brown Gravy Mixed Vegetables Cinnamon Baked Apples Milk	Aloha Chicken Rice Broccoli & Cauliflower Frosted Banana Bars Milk	Hamburger on a Bun Ketchup and Mustard Green Beans Grapes Milk	Cornflake Chicken Mashed Potatoes <i>LS Chicken Gravy</i> Baby Carrots Cherry Crisp Milk
20	21	22	23	24
Lo Na Ziti Baked with Meatsauce Garlic Bread Cauliflower Mandarin Oranges Milk	Chicken Adobado Baked Sweet Potato Baby Carrots Sugar Cookie Milk	Low Sodium Chicken Bacon Pasta Vegetable Blend Apple Oatmeal Bar Milk	LS Beef Vegetable Stew Unsalted Saltine Crackers Broccoli Florets French Cherry Dessert Milk	Chicken Alfredo Pesto Pasta Garlic Bread Green Beans Fruit Cup Milk
27	28	29	30	
Turkey Pot Roast Mashed Potatoes <i>Low Sodium Cream Gravy</i> Baby Carrots Chocolate Chip Cookie Milk	Low Sodium Hamballs Low Sodium Hash Brown Casserole Vegetable Blend Grapes Milk	Low Sodium Pizza Pasta Casserole Garlic Toast Roasted Broccoli Sugar Cookie Milk	LS Buttered Chicken Low Sodium Macaroni & Cheese Vegetable Blend Berry Medley Milk	