

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roast Beef Mashed Potatoes Low Sodium Brown Gravy Baby Carrots Dessert Pudding Layer CR Skim Milk	2 Meatloaf Low Sodium Macaroni & Cheese Brussels Sprouts Fruit Cocktail Milk	3 Panko Herb Crusted Fish Cheesy Rice Broccoli Cuts Peach Crisp Milk
6 Low Sodium Alfredo Sauce Grilled Chicken Strips Fettuccine Noodles Garlic Toast Vegetable Blend Fruit Mix Milk	7 Roast Beef with Noodles and Sauce Mashed Potatoes Asparagus Chocolate Oatmeal Bars Milk	8 Baked Herb Fish <i>Tartar Sauce</i> Potato Wedges Vegetable Blend Apricot Halves Milk	9 Low Sodium Honey Garlic Chicken Baked Sweet Potato Zucchini Cookie Milk	10 Low Sodium Smothered Pork Cutlet Sour Cream Mashed Potatoes Green Beans Applesauce Milk
13 Low Sodium Swedish Meatballs <i>Egg Noodles</i> Vegetable Blend Mixed Berry Cobbler Milk	14 Cube Steak Mashed Potatoes Low Sodium Brown Gravy Mixed Vegetables Cinnamon Baked Apples Milk	15 Aloha Chicken Rice Broccoli & Cauliflower Frosted Banana Bars Milk	16 Hamburger on a Bun Ketchup and Mustard Green Beans Grapes Milk	17 Cornflake Chicken Mashed Potatoes <i>LS Chicken Gravy</i> Baby Carrots Cherry Crisp Milk
20 Lo Na Ziti Baked with Meatsauce Garlic Bread Cauliflower Mandarin Oranges Milk	21 Chicken Adobado Baked Sweet Potato Baby Carrots Sugar Cookie Milk	22 Low Sodium Chicken Bacon Pasta Vegetable Blend Apple Oatmeal Bar Milk	23 LS Beef Vegetable Stew Unsalted Saltine Crackers Broccoli Florets French Cherry Dessert Milk	24 Chicken Alfredo Pesto Pasta Garlic Bread Green Beans Fruit Cup Milk
27 Turkey Pot Roast Mashed Potatoes <i>Low Sodium Cream Gravy</i> Baby Carrots Chocolate Chip Cookie Milk	28 Low Sodium Hamballs Low Sodium Hash Brown Casserole Vegetable Blend Grapes Milk	29 Low Sodium Pizza Pasta Casserole Garlic Toast Roasted Broccoli Sugar Cookie Milk	30 LS Buttered Chicken Low Sodium Macaroni & Cheese Vegetable Blend Berry Medley Milk	31 LS Chicken & Noodles Mashed Potatoes Winter Vegetable Blend Snickerdoodle Cookie Milk