

All Proteins Plant Based Except for Eggs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: Milk, soymilk, juice, or bottled water. Menu subject to change.				1 Lasagna with Meat Sauce Italian Green Beans Corn	2 Fish Fillet Cannelloni Beans Mixed Veggies	3 Sweet & Sour Chicken over Brown Rice Asian Blend Veggies Peas
4 Macaroni & Meat Casserole Succotash Broccoli	5 Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	6 Beef Burgundy over Noodles Carrots Cannelloni Beans	7 Chicken Curry over Brown Rice Mixed Veggies Cauliflower	8 Cheese Cannelloni Kidney Beans Italian Green Beans	9 Swedish Meatballs over Egg Noodles Spinach Carrots	10 Chicken & Gravy Sweet Potatoes Scandinavian Blend Veggies
11 Vegetarian Spinach Lasagna Lima Beans Carrots	12 Battered Fish Fillet over Brown Rice Corn Green Beans	13 Spaghetti & Meat Sauce Peas Corn	14 Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	15 Beef Burgundy over Noodles Carrots Cannelloni Beans	16 Roast Beef & Gravy Mashed Potatoes Collard Greens	17 Macaroni & Meat Casserole Succotash Broccoli
18 Chick'n & Cheese Macaroni Casserole Spinach Corn	19 Fish Fillet Cannelloni Beans Mixed Veggies	20 Cheese Cannelloni Kidney Beans Italian Green Beans	21 Beef Stroganoff over Egg Noodles Peas Carrots	22 Beef Burgundy Mashed Potatoes Green Beans	23 Sweet & Sour Chicken over Brown Rice Asian Blend Veggies Peas	24 Vegetarian Spinach Lasagna Carrots Lima Beans
25 Chicken Chow Mein over Brown Rice Peas Corn	26 Chick'n Strips with Gravy Sweet Potatoes Scandinavian Blend Veggies	27 Beef Burgundy over Noodles Carrots Cannelloni Beans	28 Rotini & Meat Sauce Italian Green Beans Cauliflower	29 Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	30 Cheese Cannelloni Kidney Beans Italian Green Beans	