





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: soymilk, juice, or bottled water. Menu subject to change.					1 BBQ Chicken & Rice Mashed Potatoes Spinach	2 Scrambled Eggs with Turkey Ham Hashed Browns Cinnamon Apples
3 Turkey Enchilada Casserole Pinto Beans Mexi-Corn	4 Salisbury Steak with Gravy Peas Carrots	5 Sweet & Sour Chicken over Rice Asian Blend Veg Peas	6 Beef Stew Potatoes Carrots	7 Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans	8 Cheese Enchilada Mexi-Corn Peas	9 Turkey Pot Roast Brown Rice Broccoli Carrots
10 Beef & Cheese Enchilada Mexi-Corn Poached Pears	11 Chicken Fajitas Brown Rice Mexi-Corn	12 Beef Steak and Onion Gravy over Brown Rice Carrots Italian Vegetables	13 Mandarin Chicken over Brown Rice Asian Blend Veg Peas	14 Beef Burgundy Mashed Potatoes Carrots	15 BBQ Pork Riblet Mashed Potatoes Spinach	16 Chicken Enchilada Corn Tortilla Refried Beans Peas & Red Peppers
17 Beef Stew Potatoes Carrots	18 Swiss Steak Sweet Potatoes French Cut Green Beans	19 BBQ Pork Riblet Mashed Potatoes Spinach	20 Turkey Enchilada Casserole Pinto Beans Mexi-Corn	21 Vegetable Chili Carrots Corn	22 Beef & Cheese Enchilada Mexi-Corn Poached Pears	23 Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans
24 Beef Burgundy Mashed Potatoes Carrots	25 Glazed Turkey Ham Mashed Potatoes Green Beans	26 Pepper Steak in Gravy Country Style Hashed Browns Carrots	27 Chicken Fajitas Brown Rice Mexi-Corn	28 Beef Stew Potatoes Carrots	