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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 1.  LUNCH:  Chicken Florentine  Italian Broccoli Pasta  Stuffed Baked Pork Chops  DINNER:  Greek Lemon Turkey Pasta  Savory Baked Chicken  Oven Fried Fish  CYCLE DAY 12 | 2.  LUNCH:  French Fried Shrimp  Hot & Spicy Chicken  Ziti w/meat sauce  DINNER:  Beef Stir Fry  Baked Stuffed Fish  Chicken Bulgogi  CYCLE DAY 13 |
| 3.  LUNCH:  Turkey Lentil Chili  Shrimp Jambalaya  Southern Fried Chicken  DINNER:  Baked Dijon Pork Chops  Chili Mac  Lemon Pepper Catfish  CYCLE DAY 14 | 4.  LUNCH:  Roast Beef  Chicken Cordon Bleu  Pasta Primavera  DINNER:  Turkey Nuggets  Beef & Corn Pie  Bourbon Chicken  CYCLE DAY 15 | 5.  LUNCH:  Chicken Kabob  Pepper Steak  Tuna Noodles  DINNER:  Sweet & Spicy Orange Salmon  Cheese Tortellini  Steak Rancheo  CYCLE DAY 16 | 6.  LUNCH:  Beef Brogul  Pork Schnitzel  Fish Onion-Lemon Baked  DINNER:  Almond Crusted Cod  Hamburger Yakisoba  Cranberry Glazed Chicken  CYCLE DAY 17 | 7.  LUNCH:  Turkey & Spinach Meatloaf  Marinated Tomatoes W/Penne  Pinapple BBQ Meatballs  DINNER:  BBQ Beef Cubes  Chicken Enchilada  Baked Florentine Turkey Roulade  CYCLE DAY 18 | 8.  LUNCH:  Swiss Steak w/brown gravy  Stuffed Green Peppers w/turkey & lentils  Tuna Noodles  DINNER:  Lasagna  Chicken Cacciatore  Italian Broccoli Pasta  CYCLE DAY 19 | 9.  LUNCH:  Grilled Honey Sriracha Chicken  Stir Fried Vegetables w/marinated tofu  Shrimp Chop Suey  DINNER:  Jamaican Chicken  Braised Spareribs  Salisbury Grilled Salmon  CYCLE DAY 20 |
| **10.**  LUNCH:  Turkey Ala King  Country Style Fried Steak  Fish w/salsa  DINNER:  Swedish Meatballs  Polynesian Fillet  Steak Smothered in Onions  CYCLE DAY 21 | 11.  LUNCH:  Oriental Pepper Steak  Chicken Parmesan  Baked Fish w/Lemon Garlic Butter  DINNER:  Pork Roast Tenderloin  Tuna Noodles  Savory Baked Chicken  CYCLE DAY 22 | 12.  LUNCH: Basil Baked Fish  Turkey Breast Fillet  Pasta Provencal  DINNER:  Baja Fish Taco  Baked Mexican Chicken  Beef Stir Fry  CYCLE DAY 23 | 13.  LUNCH:  Spicy Catfish Poboys  Grilled Pork Chops  Cajun Meatloaf  DINNER:  Fish Onion-Lemon Baked  Simmered Beef  Cajun Chicken  CYCLE DAY 24 | 14.  LUNCH:  Baked Dijon Pork Chop  Spinach Lasagna  Baked Florentine Turkey  Dinner:  Baked Salmon  Pineapple BBQ Meatballs  Honey Mustard Chicken  CYCLE DAY 25 | 15.  Grab & Go options  CYCLE DAY 26 | 16.  LUNCH:  Baked Chicken  Southwestern Shrimp Linguine  Beef Bulgogi  DINNER:  Honey Ginger Chicken  Salisbury Steak  Cheese Manicotti  CYCLE DAY 27 |
| 17  LUNCH:  Creole Fish Fillets  Stir Fry Chicken  Teriyaki Steak  DINNER:  Chicken Ala King  Baked Fish  Pasta Primavera  CYCLE DAY 28 | 18.  LUNCH:  Southwestern Sweet Potatoes Black Beans  Simmered Beef  Almond Crusted Cod  DINNER:  Spaghetti w/ Turkey Meat Sauce  Baked Fish w/Lemon Garlic Butter  Steaked in Smothered in Onions  CYCLE DAY 1 | 19.  LUNCH:  Chili Mac  Basil Baked Fish  Teriyaki Chicken  DINNER:  Pork Roast Tenderloin  Baja Baked Cod  Pasta Provencal  CYCLE DAY 2 | 20.  LUNCH:  Shrimp Kabob  Ginger BBQ Chicken  Lemon Basil Pasta  DINNER:  Marinated Tomatoes w/Penne  Southern Fried Catfish  Sweet Chili BBQ Meatballs  CYCLE DAY 3 | 21.  LUNCH:  Honey Mustard Chicken Breast  Ziti w/Meat Sauce  Baked Fish  DINNER:  Hot & Spicy Chicken  Pasta Toscano  Cantonese Spare Ribs  CYCLE DAY 4 | 22.  LUNCH:  Polish Sausage  Baked Salmon  Hamburger Yakisoba  DINNER:  Roast Beef  Shrimp Scampi  German Chicken Schnitzel  CYCLE DAY 5 | 23.  LUNCH:  Santa Fe Glazed Chicken  Baked Dijon Pork Chop  Beef Ball Stroganoff  DINNER:  Salmon w/Maple Ginger Glaze  Stuffed Green Peppers w/turkey  Pasta Primavera  CYCLE DAY 6 |
| **24.**  LUNCH:  Cheese Tortellini w/marina  French Fried Shrimp  Bourbon Chicken  DINNER:  Beef Pot Pie  Lemon Baked Fish  Herbed Baked Chicken  DAY 7 | 25.  LUNCH:  Caribbean Catfish  Jerk Roast Turkey  Stuffed Green Peppers (Beef)  DINNER:  Southwestern Sweet Potatoes Black Beans and Corn  Beef Szechwan  Chicken Breast Dijon  DAY 8 | 26.  LUNCH:  Baked Fish  Meat Loaf  Baked Chicken  DINNER:  Chicken Enchilada  Southwestern Fish  Beef Fajitas  DAY 9 | 27  LUNCH:  Lemon Basil Shrimp Pasta  Mambo Pork Roast  Grilled Chicken w/ Mustard Sauce  DINNER: Grilled Steak  Roast Turkey  Mediterranean Salmon  DAY 10 | 28.  LUNCH:  Honey Ginger Chicken  Grilled Salmon w/Citrus Butter  BBQ Brisket  DINNER:  Crispy Oven Baked Chicken  Roast Beef  Parmesan Crusted Cod  DAY 11 | 29.  LUNCH:  Chicken Florentine  Italian Broccoli Pasta  Stuffed Baked Pork Chops  DINNER:  Greek Lemon Turkey Pasta  Savory Baked Chicken  Oven Fried Fish  CYCLE DAY 12 | **30.**  LUNCH:  French Fried Shrimp  Hot & Spicy Chicken  Ziti w/meat sauce  DINNER:  Beef Stir Fry  Baked Stuffed Fish  Chicken Bulgogi  CYCLE DAY 13 |
| 31.  LUNCH:  Turkey Lentil Chili  Shrimp Jambalaya  Southern Fried Chicken  DINNER:  Baked Dijon Pork Chops  Chili Mac  Lemon Pepper Catfish  CYCLE DAY 14 |  |  |  |  |  |  |