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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 1.LUNCH:Chicken Florentine Italian Broccoli PastaStuffed Baked Pork ChopsDINNER:Greek Lemon Turkey PastaSavory Baked ChickenOven Fried FishCYCLE DAY 12 | 2.LUNCH:French Fried ShrimpHot & Spicy ChickenZiti w/meat sauceDINNER:Beef Stir FryBaked Stuffed FishChicken BulgogiCYCLE DAY 13 |
| 3.LUNCH:Turkey Lentil ChiliShrimp JambalayaSouthern Fried ChickenDINNER:Baked Dijon Pork ChopsChili MacLemon Pepper CatfishCYCLE DAY 14 | 4.LUNCH:Roast BeefChicken Cordon BleuPasta PrimaveraDINNER:Turkey NuggetsBeef & Corn PieBourbon ChickenCYCLE DAY 15 | 5.LUNCH:Chicken KabobPepper SteakTuna NoodlesDINNER:Sweet & Spicy Orange SalmonCheese Tortellini Steak RancheoCYCLE DAY 16 | 6.LUNCH:Beef BrogulPork SchnitzelFish Onion-Lemon BakedDINNER:Almond Crusted CodHamburger YakisobaCranberry Glazed ChickenCYCLE DAY 17 | 7.LUNCH:Turkey & Spinach MeatloafMarinated Tomatoes W/Penne Pinapple BBQ MeatballsDINNER:BBQ Beef CubesChicken EnchiladaBaked Florentine Turkey RouladeCYCLE DAY 18 | 8.LUNCH:Swiss Steak w/brown gravyStuffed Green Peppers w/turkey & lentilsTuna NoodlesDINNER:LasagnaChicken CacciatoreItalian Broccoli PastaCYCLE DAY 19 | 9.LUNCH:Grilled Honey Sriracha ChickenStir Fried Vegetables w/marinated tofuShrimp Chop SueyDINNER:Jamaican ChickenBraised SpareribsSalisbury Grilled SalmonCYCLE DAY 20 |
| **10.**LUNCH:Turkey Ala KingCountry Style Fried SteakFish w/salsaDINNER:Swedish MeatballsPolynesian FilletSteak Smothered in OnionsCYCLE DAY 21 | 11.LUNCH:Oriental Pepper SteakChicken ParmesanBaked Fish w/Lemon Garlic ButterDINNER:Pork Roast TenderloinTuna NoodlesSavory Baked ChickenCYCLE DAY 22 | 12.LUNCH:Basil Baked FishTurkey Breast FilletPasta ProvencalDINNER:Baja Fish TacoBaked Mexican ChickenBeef Stir FryCYCLE DAY 23 | 13.LUNCH:Spicy Catfish PoboysGrilled Pork ChopsCajun MeatloafDINNER:Fish Onion-Lemon BakedSimmered BeefCajun ChickenCYCLE DAY 24 | 14.LUNCH:Baked Dijon Pork ChopSpinach LasagnaBaked Florentine Turkey Dinner:Baked SalmonPineapple BBQ MeatballsHoney Mustard ChickenCYCLE DAY 25 | 15.Grab & Go optionsCYCLE DAY 26 | 16.LUNCH:Baked ChickenSouthwestern Shrimp LinguineBeef BulgogiDINNER:Honey Ginger ChickenSalisbury SteakCheese Manicotti CYCLE DAY 27 |
| 17LUNCH:Creole Fish FilletsStir Fry ChickenTeriyaki Steak DINNER:Chicken Ala KingBaked FishPasta PrimaveraCYCLE DAY 28 | 18.LUNCH:Southwestern Sweet Potatoes Black BeansSimmered BeefAlmond Crusted CodDINNER:Spaghetti w/ Turkey Meat SauceBaked Fish w/Lemon Garlic ButterSteaked in Smothered in OnionsCYCLE DAY 1 | 19.LUNCH:Chili MacBasil Baked FishTeriyaki ChickenDINNER:Pork Roast TenderloinBaja Baked CodPasta ProvencalCYCLE DAY 2 | 20.LUNCH:Shrimp KabobGinger BBQ ChickenLemon Basil PastaDINNER:Marinated Tomatoes w/PenneSouthern Fried CatfishSweet Chili BBQ MeatballsCYCLE DAY 3 | 21.LUNCH:Honey Mustard Chicken BreastZiti w/Meat SauceBaked Fish DINNER:Hot & Spicy Chicken Pasta Toscano Cantonese Spare RibsCYCLE DAY 4 | 22.LUNCH:Polish SausageBaked SalmonHamburger YakisobaDINNER:Roast Beef Shrimp ScampiGerman Chicken SchnitzelCYCLE DAY 5 | 23.LUNCH:Santa Fe Glazed ChickenBaked Dijon Pork ChopBeef Ball StroganoffDINNER:Salmon w/Maple Ginger Glaze Stuffed Green Peppers w/turkey Pasta PrimaveraCYCLE DAY 6 |
| **24.**LUNCH:Cheese Tortellini w/marinaFrench Fried ShrimpBourbon ChickenDINNER:Beef Pot PieLemon Baked FishHerbed Baked Chicken DAY 7 | 25. LUNCH:Caribbean CatfishJerk Roast TurkeyStuffed Green Peppers (Beef)DINNER:Southwestern Sweet Potatoes Black Beans and CornBeef SzechwanChicken Breast DijonDAY 8  | 26.LUNCH:Baked FishMeat LoafBaked ChickenDINNER:Chicken EnchiladaSouthwestern FishBeef FajitasDAY 9 | 27LUNCH:Lemon Basil Shrimp PastaMambo Pork RoastGrilled Chicken w/ Mustard SauceDINNER:Grilled SteakRoast TurkeyMediterranean SalmonDAY 10 | 28.LUNCH:Honey Ginger Chicken Grilled Salmon w/Citrus ButterBBQ BrisketDINNER:Crispy Oven Baked ChickenRoast BeefParmesan Crusted Cod DAY 11 | 29.LUNCH:Chicken Florentine Italian Broccoli PastaStuffed Baked Pork ChopsDINNER:Greek Lemon Turkey PastaSavory Baked ChickenOven Fried FishCYCLE DAY 12 | **30.**LUNCH:French Fried ShrimpHot & Spicy ChickenZiti w/meat sauceDINNER:Beef Stir FryBaked Stuffed FishChicken BulgogiCYCLE DAY 13 |
| 31.LUNCH:Turkey Lentil ChiliShrimp JambalayaSouthern Fried ChickenDINNER:Baked Dijon Pork ChopsChili MacLemon Pepper CatfishCYCLE DAY 14 |  |  |  |  |  |  |