

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	CHEF SALAD & VEGGIE SALAD OFFERED EVERYDAY		1 Tuna Noodle Casserole/ Same	2 Sunny Lemon Chicken/ Meatless Chicken	3 Chicken & Dumplings/ Veggie Chix Strips
Hot Regular / Veggie			Turkey Mayo w/WG Roll	Cottage Cheese, String Cheese, & WG English Muffin	Mild Buffalo Ranch Chicken Salad w/WW Bread
Cold Regular					
	6 Chinese Style Vegetables w/Orange Chicken/ Teriyaki Tofu	7 Vegetarian Lasagna/ Same	8 Hamburger w/Lettuce, Tomato & Onion/ Vegetarian Patty	9 Beef Lo Mein/ Soy Beef	10 Oven Fried Chicken Legs/ 3 oz Veggie Chicks Strips
Hot Regular / Veggie	Cranberry Chicken Salad w/WG Crackers	Grilled Chicken Mayo w/WW Bun	Tuna Nicoise Salad & WG Crackers	Turkey, 1 oz Cheese, WW Bread, Lettuce, tomato (garnish), & mayo	1 Powerhouse Wrap (3/4 cup Black Beans, WW Tortilla, Tossed Green Salad w/Italian)
Cold Regular					
	13 Nashville Hot Chicken Sandwich/ Veggie Chix Strips	14 Salisbury Steak w/ Mushroom Gravy/ Vegetarian Patty	15 Yangs Teriyaki Chicken/ Veggie Chicken Strips	16 Grilled Pollock Fish w/ Tarter Sauce/ Vegan Fish Patty	17 Korean Beef over Jasmine Rice/ Korean Soy Beef over WG Rice
Hot Regular / Veggie	Cobb Salad (Turkey Bacon, hardboiled egg, chicken)	Egg Salad & WW Bread	Beef Kale Caesar Wrap	Taco Salad w/Southwest Ranch Dressing	Chicken Gyro & Hummus
Cold Regular					
	20 Beef Picadillo w/WG Rice/ Soy Beef	21 Yangs Orange Chicken/ Veggie Chix Strips	22 1 - 5x5 Slice Shepards Pie/ Vegan Beef	23 Cheese Manicotti w/ Tomato Basil Sauce/ Same	24 Stuffed Peppers w/ WG Rice/ Soy Protein
Hot Regular / Veggie	3 oz. Tuna Salad & a 2 oz. WW Bagel	Chicken Caesar Salad	Yogurt, String Cheese, WG Blueberry Muffin	Whole Chicken Wrap w/ Lettuce, Tomato, Mayo	Roasted Vegetable Pasta Salad w/ranch dressing
Cold Regular					
	27 Baked Chicken Thigh w/Herb Gravy/ Veggie Chix Strips	28 Turkey Patty w/Lettuce, Tomato, Onion, & WG Bun/ Soy Protein	29 Chili con Carne/ Vegetarian Chili	30 Creamy Chicken Enchiladas/ Veggie Chix Strips Enchiladas	31 Minestrone Soup/ Same
Hot Regular / Veggie	Taco Salad w/ Southwest Ranch	Greek Salad w/ Chicken Strips	Chicken Salad (lettuce, tomato garnish) & WW Bread	Fresh Mozzarella w/ WG Pita Bread & Vegetable Bruschetta	Spinach Strawberry Feta Salad w/ Chicken Breast
Cold Regular					