

<u>Week 1</u>	<u>Entrees</u>	<u>Side Dish</u>	<u>Vegetable</u>	<u>Soup</u>	
<u>Monday</u>	Bourbon BBQ Chicken	Slow Braised Short Rib with Mustard and Caramelized Shallot Glaze	Bacon and Brown Sugar Baked Beans	Sauteed Okra	Vegetable Beef
<u>Tuesday</u>	Shrimp Fettuccini Scampi Style	Chicken Scaloppini	Sun Dried Tomato and Goat Cheese Ravioli	Garlic, Roasted Peppers, Sauteed Asparagus	Hearty Minestrone
<u>Wednesday</u>	Beef Stroganoff served with Fettuccini	Red Snapper Vera Cruz	Wild Rice Pilaf	Roasted Root Vegetables	Cream of Wild Mushroom
<u>Thursday</u>	Roasted Pork Loin Kahlua Cream Sauce	Chicken Piccata	Herb Roasted New Potato	Mixed Seasonal Vegetables	Lentil
<u>Friday</u>	Seared Sirloin Peppercorn Demi-Glace	Seafood Newburg	Smoked Gouda Potato Gratin	Grilled Vegetable Medley	Boston Clam Chowder
<u>Saturday</u>	Grilled Salmon with Lobster Sauce	Lemon Rosemary Roasted Chicken	Garlic Mash Potato	Roasted Vegetables	Caramelized Onion
<u>Sunday</u>	Herb Crusted Turkey Breast	Honey Baked Ham Raisin Pineapple Glaze	Sage Goat Cheese Mash Potatoes & Turkey Gravy	Green Bean Almandine	Chicken Noodle

<u>week 1</u>					
<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>
4-10	1-7	1-7	1-4	1-2	21-27
		29-31	26-30	24-30	
<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>
19-25	16-22	13-19	11-17	8-14	6-12

<u>Week 2</u>	<u>Entrees</u>	<u>Side Dish</u>	<u>Vegetable</u>	<u>Soup</u>	
<u>Monday</u>	Slow Cooked Bar-B-Q Tri Tip	Honey Dijon Mustard Roasted Chicken	Horseradish Red Mashed Potato	Steamed Mixed Seasonal Vegetables	Seafood Gumbo
<u>Tuesday</u>	Charbroiled Citrus Marinated Flat Iron Steak	Baked Mahi Mahi with Mango Relish	Basmati Rice and Black Beans	Fried Plantains	Roasted Corn Chowder
<u>Wednesday</u>	Grilled Chicken Breast Marsala	Italian Sausage ala Bolognese	Lemon Pepper Fettuccine	Roasted Vegetable Caponata	Broccoli with Cheese Tortellini
<u>Thursday</u>	Horseradish Rubbed Prime Rib with Au Jus	Lemon Herb Marinated Chicken Breast	Mini Baked Potato with Condiments	Garlic Sauteed Haricot Verts	Vegetable Barley
<u>Friday</u>	Grilled Chicken Breast with Rosemary Sauce	White Wine Poached Salmon Fillet	Wild Rice Pilaf	Braised Zucchini and Yellow Squash	Boston Clam Chowder
<u>Saturday</u>	Baked Pork Loin with Sun Dried Tomato Sauce	Pan Fried Halibut Basil Pesto Sauce	Potato Parmesan Cheese Gnocchi	Sauteed Broccolini with Roasted Peppers	Creamy Artichoke and Spinach
<u>Sunday</u>	Hearty Beef Stew	Garlic Roasted Chicken	Mojo Potatoes	Cauliflower Gratin	Split Pea

<u>week 2</u>					
<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>
11-17	8-14	8-14	5-11	3-9	1-6
				31	28-30
<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>
1-4	1	20-26	18-24	15-21	13-19
26-31	23-29				

<u>Week 3</u>	<u>Entrees</u>	<u>Side Dish</u>	<u>Vegetable</u>	<u>Soup</u>	
<u>Monday</u>	Taco Meat Chicken and Carne Asada	Spicy Beef Fajitas with Condiments	Red Rice and Refried Beans	Grilled Lemon Pepper Corn on a Cob	Chicken Tortilla
<u>Tuesday</u>	Braised Tri Tip with Wild Mushroom Sauce	Herb Rotisserie Chicken	Marbled Sweet Potato Mash	Sauteed Green Bean Almandine	Chunky Potato Cheese
<u>Wednesday</u>	Blackened Chicken Breast	Shrimp Creole	Dirty Rice and Beans	Grilled Vegetable Medley	Chicken Jambalaya
<u>Thursday</u>	Chicken Cordon Bleu	Braised Tri Tip with Red Wine Demi Glace	Steamed Red Potato with Parsley	Garlic & Butter Green Beans	Hearty Seafood Bisque
<u>Friday</u>	Angus and Veggie Hamburger	All Beef Franks Italian Sausages Sauteed Peppers & Onions	Mac & Cheese	Garlic Parmesan Steak Fries	Chili
<u>Saturday</u>	Teriyaki Chicken	Soy Ginger Glazed Salmon Filet	Jasmine Rice and Chow mien	Braised Baby Bok Choy	Miso
<u>Sunday</u>	Grilled Sirloin Steak with Red Wine Shallot Sauce	Chicken A La King	Herb Roasted Fingerling Potatoes	Poached Seasonal Baby Vegetables	Chunky Beef and Rice

<u>week 3</u>					
<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>
18-24	15-21	15-21	12-18	10-16	7-13
<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>
5-11	2-8	1-5	1-3	22-28	20-26
	30-31	27-30	25-31		

<u>Week 4</u>	<u>Entrees</u>	<u>Side Dish</u>	<u>Vegetable</u>	<u>Soup</u>	
<u>Monday</u>	Black Pepper Beef	Spicy Kung Pao Chicken	Pan Fried Chow Mein	Black Bean Garlic Stir Fried Chinese Broccoli	Wonton
<u>Tuesday</u>	Carne Asada Tacos	Slow Cooked Chicken Mole	Arroz Mexican	Calabasas Con Crema	Posole
<u>Wednesday</u>	Smoked BBQ Pulled Pork	Honey Bar-B-Q Chicken Wings	Chive Mashed Potato	Steamed Broccoli and Cauliflower	Mixed Vegetable
<u>Thursday</u>	Chicken Cacciatore	Tuscan Meatball Stew	Four Cheese Penne Pasta	Braised Zucchini and Yellow Squash	Pasta Fagioli
<u>Friday</u>	Beef ala Bourguignon	Almond Crusted Salmon with Red Wine Sauce	Wild Rice Pilaf	Vegetable Ratatouille	Boston Clam Chowder
<u>Saturday</u>	Grilled Chicken with Whole Grain Mustard Sauce	Herbed Pork Loin with Roasted Tomato Sauce	Garlic Rosemary Sauteed Fingerling Potato	Pan Fried Snow Peas	Cream of Asparagus
<u>Sunday</u>	Citrus Honey Glazed Ham	Sauteed Chicken Scampi	Scalloped Potatoes	Candied Baby Carrots	Chicken Rice

<u>week 4</u>					
<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>
25-31	22-28	22-28	19-25	17-23	14-20
<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>
12-18	9-15	6-12	4-10	1-7	1-5
				29-30	27-31