

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	 1 Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Cantaloupe	2 Turkey & Veggie Sauté Roasted Broccoli+ Brown Rice Apple 	3 BBQ Chicken Sandwich on Whole Grain Bun Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Banana	4 Imitation Crab & Egg Salad on Romaine* w/Tomato Creamy Tomato Bisque WW Crackers (4) Orange+
HOLIDAY 7 	Holiday Meal 8 Turkey Burger on WW Bun Lettuce, Pickles, Tomato, & Onion Corn Salad Apple  <i>Brownie (M&E only)</i>	< > 9 Meatball Sub (Beef/Pork) w/Marinara Sauce, topped w/ Mozzarella on WW Hoagie Minestrone Soup Orange+	10 Baked Cod w/White Wine Sauce* Vegetable Blend*+ Carrot Coins*  Rice Pilaf Pear	 11 Sundubu Jjigae+ (tofu stew) Pickled Carrots* Brown Rice Banana
< >  14 Marry Me Butter Beans+* Roasted Red Potatoes House Salad* WW Breadstick Apple	15 Thai Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf* Pineapple+ 	16 Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato+ Roasted Veggies+ WW Pita Pear	17 Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato Tomato Soup Orange+	18 Chili Dijon Pork+ Carrots*  WW Roll Grapes
21 Ginger Glazed Pork Roasted Broccoli+ Baby Carrots*  Brown Rice Peach	22 Southwest Chicken Salad*+ Lentil and Bean Soup+ Tortilla Chips Honeydew	23 White Fish Chowder* SW Side Salad+ WW Breadstick Apple 	 24 Chef Entrée Salad*+ WW Roll Banana <i>Carrot Cake (M&E only)</i>	25 Chicken Gumbo w/Okra+ Red Beans Brown Rice Orange+
28 Hungarian Goulash w/WW Noodles Brussels Sprouts+ Carrot Slaw* Pear	29 Ginger Beef Bowl Carrots*  Brown Rice Kiwi+	 30 Ravioli Lasagna Chickpea Carrot Salad* WW Breadstick Orange+		KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day