
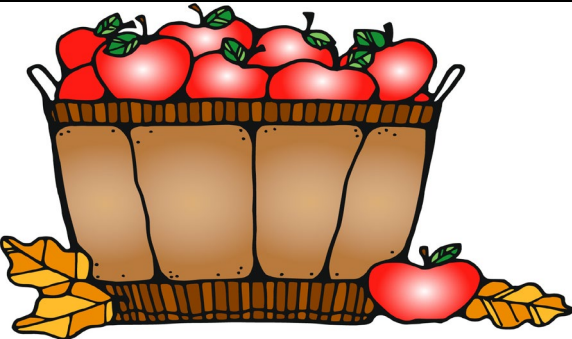




Monday		Tuesday		Wednesday		Thursday		Friday	
2	Na	3	Na	4	S	Na	5	S	Na
		BBQ Chicken	231	Lentil Bolognese	260	Mini Ravioli	400	Beef Hot Dog*	540
		Hot German	85	Rotini Pasta	1	Tomato Sauce	55	Mustard	55
		Potato Salad		Italian Blend	26	Roman Blend	26	Mac and Cheese	187
		Corn	1	Vegetables		Vegetables		Cabbage and Carrots	47
		Corn Muffin	280	WW Roll>	160	Multigrain Roll>	190	Hot Dog Roll	210
		Mandarin Oranges	1	Tropical Fruit	10	Green Apple	2	Mixed Fruit	10
		Total Sodium: 599 Calories: 612 Carbs 101		Total Sodium: 457 Calories: 635 Carbs 119		Total Sodium: 673 Calories: 505 Carbs 75		Total Sodium: 1049 Calories: 687 Carbs 78	
9	R	10	Na	11	S	12	Na	13	S/R
Chicken A La Orange	123	Steak & Cheese Sub	435	Shepards Pie	261	Roast Turkey	303	Catch of the Day	220
Asian Rice	73	Potato Wedges	27	Peas and Carrots	80	w/ Rosemary Gravy	117	Dijon Maple Sauce	155
Oriental Blend	26	Mixed Vegetables	41	Dinner Roll	160	Parsley Mash Potato	50	Rice Pilaf	130
Vegetables		Sub Roll	162	Peaches	5	Squash Blend	11	Green & Wax Beans	3
WW Roll>	160	Tropical fruit	10			Oatmeal Bread>	121	Oatmeal Roll >	260
Pineapple	1					Butterscotch Pudding#	339	Mixed Fruit	10
						Diet Pudding			
Total Sodium: 383 Calories: 441 Carbs: 61		Total Sodium: 675 Calories: 658 Carbs 72		Total Sodium: 506 Calories: 595 Carbs 91		Total Sodium: 941 Calories: 590 Carbs 99		Total Sodium: 776 Calories: 425 Carbs 80	
16	S	17	R	18	S	19	Na	20	S
Baked Meatloaf	305	Southwest Chicken	173	Broccoli and Cheese	395	Pork LoMein	254	Potato Pollock	337
w/ BBQ Sauce	133	Rice & Beans	35	Omelette		Oriental Blend	26	Confetti Rice	38
Yukon Gold Potato	28	Peppers and Onions	3	Hashbrowns	132	Vegetables		Glazed Carrots	83
Peas & Mushrooms	133	Honey Wheat Bread	135	Stewed Tomatoes	143	Snowflake Roll	260	Oatmeal Bread>	121
WW Bread>	160	Pears	4	Fruit Loaf >	160	Pound Cake	240	Mandarin Oranges	6
Mixed Fruit	10			Apple Juice	5			Tartar sauce	261
Total Sodium: 636 Calories: 544 Carbs: 77		Total Sodium: 298 Calories: 516 Carbs 66		Total Sodium: 834 Calories: 578 Carbs 75		Total Sodium: 780 Calories: 705 Carbs 100		Total Sodium: 845 Calories: 643 Carbs 73	
23	Na	24	S	25	S	26	R	27	S
Chicken Parmesan	426	Hawaiian Meatball	250	American Chop	211	Teriyaki Chicken	216	Baked Cod	220
Spaghetti	1	White Rice	31	Suey		Pineapple Rice	31	w/ Lemon Dill Sauce	106
Brussel Sprouts	12	Broccoli	12	Green Beans	3	Oriental Blend	26	Garlic Mash Potato	49
WW Roll >	160	Dinner Roll	210	Oatmeal Roll >	121	Vegetables		Fall Blend	41
Pears	4	Peaches	5	Cinnamon Apples	10	Wheat Bread >	115	Vegetables	
						Fig Newton	65	Honey Wheat Bread	135
								Fresh Orange	0
Total Sodium: 602 Calories: 423 Carbs: 62		Total Sodium: 509 Calories: 448 Carbs 60		Total Sodium: 345 Calories: 424 Carbs 59		Total Sodium: 453 Calories: 411 Carbs 55		Total Sodium: 551 Calories: 469 Carbs 82	
30	Na					All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	
Gold Fever Chicken	231								
Roasted Potatoes	28								
Mixed Vegetable	41								
Dinner Roll	210								
Apple Sauce	20								
Total Sodium: 530 Calories: 466 Carbs: 67									