


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
SAMPLE HEARTY MENU		Roast Pork Gravy Sweet Potatoes Seasoned Green Beans Dinner Roll Banana	Swiss Steak Gravy Mashed Red Potatoes Seasoned Brussel Sprouts Dinner Roll Fruit Cup	Southwest Chicken & Rice Shredded Cheese Fiesta Corn Broccoli Banana	Pork Cutlet Mushroom Gravy Mashed Potatoes French Style Green Beans Applesauce	Cheese Omelet Turkey Sausage Potatoes Obrien Steel Cut Oatmeal Fruit Juice
Roast Turkey & Stuffing Gravy Mashed Potatoes Seasoned Brussel Sprouts Fresh Orange	Oven Roasted Chicken Thigh Sweet Potatoes Sauteed Spinach Dinner Roll Apple	Beef Pepper steak Gravy Baked Potato Mixed Vegetables Banana	Fiesta Turkey Rice Casserole Sweet Corn Broccoli Fruit Juice	Baked Tilapia Brown and Wild Rice Roasted Red Potatoes French Style Green Beans Banana	Beef Tips w/ Gravy Egg Noodles Gravy Broccoli Glazed Carrots	Spinach Egg Bake Roasted Peppers Spiced Applesauce
Meatloaf Mashed Potatoes Brown Gravy French Style Green Beans Fresh Orange	Panko Crusted Tilapia Sweet Potatoes Broccoli Fruit Cup	Salisbury Steak Gravy Baked Potato Buttered Peas Dinner Roll Banana	Sweet & Sour Chicken Brown Rice Oriental Blend Broccoli Applesauce Cup	Chicken Tenders Roasted Red Potatoes Sweet Corn Banana	Red Beans & Rice Buttered Peas Glazed Carrots Banana	French Toast Sticks Turkey Sausage Patty Roasted Red Potatoes Collard Greens Fruit Juice Syrup
Swedish Meatballs Sauce Egg Noodles Glazed Carrots Broccoli Fresh Orange	Bourbon Chicken Buttered Peas Brown Rice Cherry Cobbler	Turkey Meatloaf Gravy Mashed Potatoes Mixed Vegetables Banana	Ginger Soy Flounder Sauce Brown Rice Pilaf Oriental Blend Buttered Peas Applesauce	Cheese Ravioli Marinara Sauce Buttered Peas Capril Vegetable Blend Banana	Chicken Parmesan Spaghetti Noodles Broccoli Applesauce	Sausage, Potato, Egg Casserole Steel Cut Oatmeal Buttered Zucchini Fruit Juice
Spaghetti Meat Sauce Cauliflower Buttered Peas Fresh Apple	BBQ Chicken Thigh BBQ Sauce Brown Rice Sauteed Spinach Mixed Vegetables Fresh Orange	Ginger Chicken Fried Rice Buttered Peas Diced carrots Banana	Macaroni and Cheese Cauliflower Black beans/Corn Applesauce Cup	SAMPLE HEARTY MENU 2022 <i>All Meals Can include Milk</i>		