

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	3 Tortellini w turkey sausage and red pepper sauce Spinach Diced carrots WW bread Peaches Milk	4 Chicken parm Penne marinara Greens Pineapple WW bread Milk	5 Hamburger on WW bun w/mustard, mayo, ketchup Baked beans Green beans Tropical fruit Milk	6 Egg salad Tossed salad Tom/cucumber salad WW bread Pear Milk	7 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK TWO</u>	10 Meatball and eggplant tagine Green beans Rice Naan Pineapple Milk	11 Veg chili Greens Mashed potatoes Watermelon Cornbread Milk	12 BBQ chicken Mac and cheese Greens Cornbread Applesauce Milk	13 Tuna salad sandwich Snap pea salad Tomato cucumber salad Peaches (2) WW bread Milk	14 Chicken piccata Mashed potatoes Spinach Banana Biscuit Milk
<u>WEEK THREE</u>	17 Shepherd's pie Corn Tomato/okra Biscuit Strawberry kiwi cup Milk	18 Hot dog on WW bun Baked beans Green beans Tropical fruit Ketc/must/relish Milk	19 Butter chicken Basmati rice Diced carrots Kale Naan Applesauce Milk	23 Chicken salad Tomato cucumber salad Coleslaw WW bread (2) Craisins Milk	21 Ravioli w meat sauce Okra/tomatoes Baby carrots WW bread Lemon raspberry cup Milk
<u>WEEK FOUR</u>	24 Chicken lo mein Bok choy Corn Banana Naan Milk	28 Jambalaya Green beans Peas and carrots Biscuit Mandarin oranges Milk	29 Sloppy Joes on WW bun Mac and cheese Cabbage Watermelon Milk	30 Turkey and cheese sandwich on WW bread Veggie pasta salad Veggie slaw Banana Milk	28 Vegetarian lasagna Spinach Corn WW bread Birthday dessert Milk
<u>WEEK FIVE</u>	31 Stuffed peppers Mac and cheese Mixed veggies Applesauce WW roll Milk				