



SAMPLE MENUS

All meals include fruit

MONDAY

Parmesan Crusted
Chicken
Bowtie Pasta Alfredo
Roasted Veggies

TUESDAY

Taco Bar -
Chicken or beef,
spanish rice, black
beans, sour cream,
cheese, lettuce,
tomatoes, green
onions, and black olives
Chips & Salsa

WEDNESDAY

Beef Stroganoff
Egg Noodles
Green Beans

THURSDAY

Baked Ziti with Beef
Caesar salad
Garlic Bread

FRIDAY

BBQ Pork Ribs
Cheesy Potatoes
Corn on the Cob

MONDAY

Beef Burgundy
Mashed Potatoes
Honey Glazed Carrots

TUESDAY

Chicken Cordon Bleu
Wild Rice Pilaf
Mixed Veggies

WEDNESDAY

Spaghetti with
Marinara Sauce
Meatballs
Caesar salad
Garlic bread

THURSDAY

Lemon Chicken
Roasted Potatoes
Mixed Veggies

FRIDAY

Pot Roast
Mashed Potatoes
Roasted Veggies