

	Monday	Tuesday	Wednesday	Thursday	Friday
BOX				1	2
LUNCH		<p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</p>	<p><i>Daylight Saving Time Ends</i> Don't forget to Turn Your Clocks Back Sunday, Nov. 4th</p>	<p>BBQ Beef - 9051 (ch b) <i>grilled chicken brst ch7026</i> Creamy Vegetable Soup (cong only) Peas & Onions Potato Wedges Pears Bun Diet: same</p>	<p>Turkey Tetrazzini - 9036 w/ Peas and Mushrooms (ch b) <i>veggie tetrazzini ch7056</i> (not a vegetarian meal) Brussel Sprouts Baked Cinnamon Apples Dinner Roll / Margarine Diet: same</p>
WEEK 3	5	6	7	8	9
LUNCH	<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) <i>chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Dinner Roll / Margarine Fruit Cocktail Diet: same</p>	<p>Hawaiian Pineapple Ham - 9094 (ch b) <i>pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same</p>	<p>Country Fried Steak w/Gravy - 9063 (ch b) <i>grilled chicken brst ch7026</i> Potato Wedges Green Beans Wheat Bread / Margarine Grape Juice 100% Chocolate Elf Grahams Diet: same</p>	<p>Chicken & Potato Casserole - 9315 (ch b) <i>roast beef & gravy ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches Diet: same</p>	<p>Pork Cutlet w/Gravy - 9003 (ch b) <i>chicken w/gravy ch7008</i> Green Beans Beets Wheat Bread / Margarine Pineapple/Orange Juice 100% Animal Crackers Diet: same</p>
WEEK 4	12	13	14	15	16
LUNCH	<p>Salisbury Steak w/Gravy - 9029 (ch b) <i>chicken w/gravy ch7008</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) / Margarine Peaches Diet: same</p>	<p>Grilled Chicken w/BBQ Sauce - 9049 (ch b) <i>hamburger ch7006</i> Potato Wedges Cheesy Broccoli Bun Applesauce Diet: same</p>	<p>Hamburger - 9071 (ch b) <i>sliced deli ham ch7005</i> w/ Swiss American Cheese slice Tomato Soup (cong only) Baked Beans Broccoli Bun Pineapple Mustard / Ketchup Diet: same</p>	<p>Smoked Turkey Sausage w/ Sauerkraut - 9055 (ch b) <i>meatloaf w/ gravy ch7016</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same</p>	<p>Happy November Birthday! Stuffed Cabbage Roll w/Marinara - 9077 (ch b) <i>cheese pizza ch7043</i> Peas & Onions Sliced Yellow Squash White Bread / Margarine Apple Juice 100% Chocolate Sponge Cake Diet: same</p>
WEEK 5	19	20	21	22	23
LUNCH	<p>Thanksgiving Celebration Roast Turkey w/Gravy - 9005 (ch b) <i>country fried steak w/gravy ch7054</i> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Cranberry Juice Pumpkin Pie Diet Alt: Sponge Cake</p>	<p>Chili w/Spaghetti - 9064 (ch b) <i>spaghetti w/ marinara ch7055</i> Vegetable Medley (2 servings) Cheddar Cheese Unsalted Saltine Crackers (2 pk) Pears Diet: same</p>	<p>Beef & Noodles - 9008 (ch b) <i>chicken & noodles ch7037</i> w/ Gravy Green Beans Carrots Wheat Bread / Margarine Peaches Diet: same</p>	<p>HAPPY THANKSGIVING</p>	
WEEK 6	26	27	28	29	30
LUNCH	<p>Broccoli Cheddar Chicken - 9031 (ch b) <i>cheesy beef & broccoli ch7042</i> Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Orange Juice 100% Sponge Cake Diet: same</p>	<p>turkey Ham & Beans - 9062 (ch b) <i>chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread / Margarine Fruit Punch 100% Animal Crackers Diet: same</p>	<p>Meatloaf w/ Gravy - 9072 (ch b) <i>chicken w/ gravy ch7008</i> Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same</p>	<p>Baked Chicken w/ Gravy - 9075 (ch b) <i>roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce Diet: same</p>	<p>Spaghetti & Meatballs - 9035 (ch b) <i>cheese ravioli ch7030</i> w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese Diet: same</p>
WEEK 7					