



MONDAY

ENTREES Chicken w/ Mushroom Sauce| Cajun Tilapia|
Sesame Beef w/ Broccoli| Corn Pudding
SIDES Garlic Green Beans| Wild Rice
SALADS Caesar Salad| Cucumber Tomato Salad |
Barley Salad
SOUP Thai Chicken| Spinach Lentil Soup | Gazpacho

TUESDAY

Coconut Chicken| Rolled Flounder| Stuffed Peppers w/ Beef
| Zucchini Casserole **ENTREES**
Mac & Cheese| Mushroom Risotto **SIDE**
Broccoli Orange |Arugula Pasta Salad|
Mexican Quinoa **SALADS**
Cream of Broccoli| Beef Chili | Melon Yogurt **SOUP**

WEDNESDAY

ENTREES Chicken Enchiladas| Stuffed Salmon |Baked Ham| Mashed
Cauliflower
SIDES Green Bean Casserole |Basmati Rice
SALADS Kale & Brussel Sprouts| Asian Sesame Noodle|
Mango & Pineapple
SOUP Baja Chicken | Split Peas

THURSDAY

Beef w/Chicken Pot Pie| Swai Fish Veracruz| Beef
Stroganoff | Potato Fritters **ENTREES**
Steamed Brussels Sprouts| Mac & Cheese **SIDES**
Apple Salad| Sundried Tomato Couscous|
Old Fashioned Potato Salad **SALADS**
Maryland Crab| Chicken Tortilla | Watermelon **SOUP**

FRIDAY

ENTREES Fried Chicken| Fish Tacos | BBQ Pork Ribs |
Stuffed Eggplant w/ Cheese & Spinach
SIDES Mexican Rice |Gingered Carrots
SALADS Arugula Salad w/ Vegetables| Penne
Vegetable| Mushroom, Lemon & Lentil Soup
SOUP Clam Chowder| Chicken Noodle Soup
