


chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
	Happy Holidays!		1 Country Fried Steak 3oz w/Gravy 2oz Spinach ½ cup Baked Potato 1 each w/Smart Balance Tropical Fruit ½ cup Milk	2 Ginger BBQ Chicken 3oz Whipped Sweet ½ cup Potatoes Collard Greens ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk
5 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Pineapple ½ cup Wheat Bun 1 each Milk	6 Chicken Parmesan 3oz Key West Blend ½ cup Roasted Redskin ½ cup Potatoes Wheat Bread 1 each Stewed Apples ½ cup w/Cherries & Almonds Milk	7 Beef Stew 1 cup Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk	8 Grilled Chicken 3oz w/Salsa & Cheese 2oz Black Beans ½ cup Diced Carrots ½ cup Corn Muffin 2 each Mandarin Oranges ½ cup Milk	9 Pollock Almondine 3 oz California Blend ½ cup Scalloped Potatoes ½ cup Diced Peaches ½ cup Wheat Bread 1 slice Milk
12 Smothered Chicken Breast 3 oz White Rice Pilaf ½ cup Key West Vegetables ½ cup Wheat Bread 1 slice Birthd cupcake wg 1 each Milk	13 Country Ham & Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk	14 Smoked Sausage 3oz w/Peppers & Onions 1oz Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slice Strawberry Applesauce ½ cup Milk	15 Vegetarian Chili 1 cup California Blend ½ cup Vegetables Roasted Sweet Potatoes ½ cup Cornbread 2 each Tropical Fruit ½ cup Milk	16 Italian Bowtie 1 cup Pasta w/ Beef Broccoli w/ Red ½ cup Peppers Green Beans ½ cup Applesauce ½ cup Milk
19- Holiday Meal! Pot Roast w/ Gravy 3oz Mashed Potatoes ½ cup Brussel Sprouts w/ Onions ½ cup Wheat bread 2 slices Holiday Treat Cheese Cake Milk	20 Potato Pollock 3 oz Collard Greens ½ cup Peas & Corn ½ cup Wheat Bread 1 each Tropical Fruit ½ cup Milk	21 Sliced Turkey Over 2 oz Southwest Pasta 1 cup Peas ½ cup Corn ½ cup Pudding ½ cup Wheat bread 1 slice Milk	22 Breakfast Bagel 1 eachw/ Sausage Egg & Cheese 2oz Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk	23 Cheese Lasagna 2oz w/ Vegetable Marinara ½ cup Diced Carrots ½ cup Lima Beans ½ cup Wheat roll 1 each Diced Pineapple 4oz Milk
26 Meal Sites Closed	27 Spaghetti 1 cup /meatballs 2oz Parmesan Cheese California Veg Blend ½ cup Italian Cut Green Beans ½ cup Mandarin Orange ½ cup Milk	28 Meatloaf w/Gravy 3oz Brussels Sprouts ½ cup Mashed Potatoes ½ cup Wheat Bread 2 slice Mandarin Oranges ½ cup Milk	29 Beef Over Egg Noodles 2oz/1 cup Mixed Greens ½ cup Diced Carrots ½ cup Wheat Roll 1each Applesauce ½ cup Milk	30 Indiana Style Chili Mac 1 cup Mixed Vegetables ½ cup Applesauce ½ cup Corn Bread 1 each Milk

*Menus are subject to change based on product availability.