

chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Happy National Nutrition Month!</p>  <p>Celebrate the Senior Nutrition Program</p>	<p>1 Pot Roast 2oz w/Gravy 2oz Mashed Potatoes ½ cup Broccoli Cuts ½ cup Applesauce ½ cup Wheat Bread 2 slice Milk 8oz</p>	<p>2 Ginger BBQ Chicken 3oz Whipped Sweet ½ cup Potatoes Collard Greens ½ cup Wheat Bread 2 slice Diced Pears 4oz Milk 8oz</p>	<p>3 Country Fried Steak 3oz w/Gravy 2oz Spinach ½ cup Baked Potato 1 each w/Smart Balance Tropical Fruit ½ cup Milk 8oz</p>
<p>6 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green ½ cup Beans Pineapple ½ cup Wheat Bun 1 each Milk 8oz</p>	<p>7 Chicken Parmesan 3oz Key West Blend ½ cup Roasted Redskin ½ cup Potatoes Wheat Bread 1 slice Stewed Apples ½ cup w/Cherries & Almonds Milk 8oz</p>	<p>8 Lasagna w/ Vegetable 2oz Marinara ½ cup Diced Carrots ½ cup Lima Beans ½ cup Wheat roll 1 each Diced Pineapple ½ cup Milk 8oz</p>	<p>9 Grilled Chicken 3oz w/Salsa & Cheese ½ cup Black Beans ½ cup Diced Carrots ½ cup Corn Muffin 1 each Mandarin Oranges ½ cup Milk 8oz</p>	<p>10 Pollock Almondine 3oz California Blend ½ cup Scalloped Potatoes ½ cup Diced Peaches ½ cup Wheat Bread 1 slice Milk 8oz</p>
<p>13 Oven Fried Chicken 3oz Collard Greens ½ cup Whipped Sweet Potatoes ½ cup Orange Juice 4oz Milk 8oz</p>	<p>14 Country Ham & Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 8oz</p>	<p>15 Smoked Sausage 2oz w/Peppers & Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slice Strawberry Applesauce 4oz Milk 8oz</p>	<p>16 Vegetarian Chili 1 cup California Blend Vegetables ½ cup Roasted Sweet Potatoes ½ cup Cornbread 2 each Tropical Fruit 4oz Milk 8oz</p>	<p>17 Italian Bowtie 1cup Pasta w/ Beef 2oz Broccoli w/ Red ½ cup Peppers Green Beans ½ cup Applesauce 4oz Milk 8 oz</p>
<p>20 Burrito Bowl w/ Shredded Chicken ½ cup Fajita Vegetables 2oz Black Beans ½ cup Cilantro Lime Rice ½ cup Diced Mangos ½ cup Milk 8oz</p> 	<p>21 Beef Over Egg Noodles 1 cup (2oz) Mixed Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 each Applesauce ½ cup Milk 8oz</p>	<p>22 Sliced Turkey 2oz Over Southwest Pasta 1 cup Peas ½ cup Corn ½ cup Pudding ½ cup Milk 8oz</p>	<p>23 Bagel w/ 1 each Sausage Egg & 3oz Cheese Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk 8oz</p>	<p>24 Beef Stew 1 cup Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 8oz</p>
<p>27 Smothered Chicken Breast 4oz White Rice Pilaf ½ cup Key West Vegetables ½ cup Wheat Bread 2 slice Birthday Treat 1 each Milk 8oz</p>	<p>28 Meatloaf 2oz w/Gravy Brussels Sprouts ½ cup Mashed Potatoes ½ cup Wheat Bread 2 slice Mandarin Oranges ½ cup Milk 8oz</p>	<p>29 Indiana Style Chili Mac 1 cup Mixed Vegetables ½ cup Applesauce ½ cup Corn Bread 1 each Milk 8oz</p>	<p>30 Potato Pollock 3oz Collard Greens ½ cup Peas & Corn ½ cup Wheat Bread 1 each Tropical Fruit 4oz Milk 8oz</p>	<p>31 Spaghetti/meatballs 1 cup Parmesan Cheese 1 each California Veg Blend ½ cup Italian Cut Green Beans ½ cup Mandarin Orange ½ cup Milk 8oz</p>

*Menus are subject to change based on product availability.