

# chef for hire

home  
delivered  
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 			<p>1 Smoked Sausage w/ 3oz Peppers &amp; Onions 1oz Peas ½ cup Roasted Potatoes ½ cup Wheat Roll 2 grain Strawberry Applesauce ½ cup Milk 8oz</p>	<p>2 Chicken Parmesan 2oz (1 grain) Parmesan Cheese Apples w/Cherries &amp; Almonds ½ cup Broccoli w/Red Peppers ½ cup Wheat Bread 1 grain Diced Mangos ½ cup Milk 8oz</p>
<p>5 Oven Fried 2oz Chicken (1 grain) Whipped Sweet ½ cup Potatoes Collard Greens ½ cup Orange Juice 4 oz Wheat bread 1 grain Milk 8oz</p>	<p>6 Spaghetti/meatballs 2oz (1 grain) Parmesan Cheese California Veggie Blend ½ cup Italian Cut Green Beans ½ cup Mixed Fruit ½ cup Wheat Bread 1 grain Milk 8oz</p>	<p>7 Smothered Chicken 3oz Breast w/ Gravy White and Wild Rice ½ cup (1 grain) Key West Veggies ½ cup Wheat Bread 1 grain Milk 8 oz</p>	<p>8 BBQ Beef 3oz Green Beans ½ cup Scalloped Potatoes ½ cup WG Bun 1 each (2 grain) Diced Peaches ½ cup Milk 8oz</p>	<p>9 Sliced Turkey 3oz w/Gravy Maple Sweet Potatoes ½ cup Broccoli ½ cup Wheat Bread 2 grain Diced Pears 4oz Milk 8oz</p>
<p>12 Grilled Hamburger 3oz Mac &amp; Cheese ½ cup (1 grain) Festive Green Beans ½ cup Diced Pears ½ cup Wheat Bun 2 grain Milk 8oz</p>	<p>13 Country Ham &amp; Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 grain Mixed Fruit ½ cup Milk</p>	<p>14 Scrambled Eggs w/Veggies 8oz Cheesy Grits ½ Cup (1 grain) Country Apples ½ cup Wheat Roll 1 grain Milk 8oz</p>	<p>15 Almond Crusted 3oz Fish (1 grain) California Veggies ½cup Scalloped Potatoes ½cup Wheat Bread 1 grain Diced Peaches ½ cup Milk 8oz</p>	<p>16 Pot Roast w/Gravy 2oz Broccoli ½ cup Mashed Potatoes ½ cup Wheat Bread 2 grain Applesauce ½ cup Milk 8oz</p>
<p>19 Beef Stew 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 grain Diced Peaches ½ cup Milk 8oz</p>	<p>20 Bagel w/Egg,2oz (2grain) Sausage &amp; Cheese Applesauce ½ cup Roasted Sweet Potatoes ½ cup Milk 8oz</p>	<p>21 Meatloaf w/Gravy 3oz Brussels sprouts ½ cup Mashed Potatoes ½ cup Mandarin Oranges ½cup Wheat Roll 2 grain Milk 8oz</p>	<p>22 Cheese Lasagna w/ 2oz Veggie Marinara (1grain) Capri Veggies ½ cup Lima Beans ½ cup Wheat Roll 1 grain Diced Pineapple ½ cup Milk 8oz</p>	<p>23 Beef w/Broccoli &amp; Noodles 2oz (1grain) Diced Carrots ½ cup Diced Pears ½ cup Wheat bread 1 grain Milk 8oz</p>
<p>26 Chicken 2oz &amp; Noodles 1 cup (1grain) Rosemary Potatoes ½ cup Italian Cut Green Beans ½ cup Wheat Roll 1 grain Birthday Treat 1 grain Milk 8oz</p>	<p>27 Vegetarian Chili – 2oz <i>New Recipe!</i> California Veggies ½ cup Roasted Sweet ½ cup Potatoes Corn Bread 2 grain Tropical Fruit Cup ½ cup Milk 8oz</p>	<p>28 Pot Roast w/Gravy 2oz Broccoli ½ cup Mashed Potatoes ½ cup Wheat Bread 2 grain Applesauce ½ cup Milk 8oz</p>	<p>29 Country Fried Steak 2oz w/Gravy (1 grain) Spinach ½ cup Baked Potato 1 each Tropical Fruit ½ cup Wheat Bread 1 grain Milk 8oz</p>	<p>30 Ginger BBQ Chicken 3oz Root Veggies ½ cup Collard Greens ½ cup Wheat Bread 2 grain Diced Pears ½ cup Milk 8oz</p>

\*Menus are subject to change based on product availability.