




chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 	<p>1 Pot Roast w/Gravy 3oz Key West Veggies ½ cup Mashed Potatoes ½ cup Wheat Bread 2 slice Strawberry Applesauce ½ cup Milk 8oz</p>	<p>2 Beef Biryani 3oz 1 grain Cauliflower ½ cup Green Beans w/ Almonds ½ cup Wheat Bread 1 slice Tropical Fruit ½ cup Milk 8oz</p> 	<p>3 Spaghetti/meatballs 2oz 1 grain Parmesan Cheese California Veggie Blend ½ cup Brussel Sprouts ½ cup Mandarin Oranges ½ cup Milk 8oz</p>	<p>4 Beef Stroganoff w/ Egg Noodles 2 oz 1 grain Italian Cut Green Beans ½ cup Diced Carrots ½ cup Fresh Orange 1 each Milk 8oz</p>
<p>7 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Diced Pears ½ cup Wheat Bun 1 bun Milk 8oz</p>	<p>8 Almond Crusted Fish 3oz Spinach ½ cup Scalloped Potatoes ½ cup Wheat Bread 2slice Diced Peaches ½ cup Milk 8oz</p>	<p>9 Braised Beef Over Egg Noodles 2oz 1 grain Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 each Applesauce ½ cup Milk 8oz</p>	<p>10 Beef w/Broccoli & Noodles 2oz 1 grain Diced Carrots ½ cup Diced Pears ½ cup Milk 8oz</p>	<p>11 Cheese Lasagna w/ Veggie Marinara 2oz Capri Veggies ½ cup Lima Beans ½ cup Wheat Roll 1 each Diced Pineapple ½ cup Milk 8oz</p>
<p>14 Oven Fried Chicken 3oz 1 grain Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Orange Juice ½ cup Milk 8oz</p>	<p>15 Italian Bowtie Pasta w/Beef2oz 1 grain Broccoli w/Red Peppers ½ cup Green Beans ½ cup Mandarin Oranges ½ cup Milk 8oz</p>	<p>16 Bagel w/Egg, Sausage & Cheese 2oz 2 grains Sliced Apples ½ cup Roasted Sweet Potatoes ½ cup Milk 8oz</p>	<p>17 Country Ham & Beans 2oz 1 cup Diced Beets ½ cup Diced Carrots ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 8oz</p>	<p>18 Potato Pollock 3oz Peas and Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Tropical Fruit 4oz Milk 8oz</p>
<p>21 Sloppy Joe 3oz WG Bun 1 each Roasted Sweet Potatoes ½ cup Brussel Sprouts w/ Onion ½ cup Diced Pineapple ½ cup Milk 8oz</p>	<p>22 Teriyaki Chicken & Noodles 2oz, 1 grain Stir Fry Veggies ½ cup Fresh Orange 1 each Milk 8oz</p>	<p>23 Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries & Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1 each Diced Mangos ½ cup Milk 8oz</p>	<p>24 Sliced Turkey over 2oz Southwest Pasta 1 grain Broccoli ½ cup Peas ½ cup Chocolate Pudding ½ cup Milk 8oz</p>	<p>25 Beef Stew 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 8oz</p>
<p>28 Meatloaf w/Gravy 3oz Brussels sprouts ½ cup Mashed Potatoes ½ cup Mandarin Oranges ½ cup Wheat bread 1 slice Birthday Treat 1 each Milk 8oz</p>	<p>29 Indiana Style Chili Mac 2oz 1 cup California Veggie Blend ½ cup Applesauce ½ cup Corn Bread 1 each Milk 8oz</p>	<p>30 Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk 8oz</p>	<p>31 Smoked Sausage w/ 2oz Peppers & Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slice Strawberry Applesauce ½ cup Milk 8oz</p>	

*Menus are subject to change based on product availability.