

chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 	<p>1 Beef Stroganoff w/Egg Noodles 2oz Italian Cut Green Beans ½ cup Diced Carrots ½ cup Wheat Roll 1 each Fresh Orange 1 each Milk 1% 8oz</p>	<p>2 Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slices Diced Pears ½ cup Milk 1% 8oz</p>	<p>3 Scrambled Eggs 4 oz Pork Sausage 1oz Roasted Potatoes ½ cup Wheat Bread 2 slices Spiced Peaches ½ cup Milk 1% 8 oz</p>	<p>4 Herb Crusted Hake 3oz Roasted Potatoes ½ cup Broccoli ½ cup Wheat Bread 1 slice Tropical Fruit ½ cup Milk 1% 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 1% 8oz</p>	<p>8 Cheese Lasagna 3 oz w/Veggie Marina Capri Veggies ½ cup Lima Beans ½ cup Wheat Roll 1 each Diced Pineapple ½ cup Milk 1% 8oz</p>	<p>9 Braised Beef Over Egg Noodles 2oz 1grain Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 each Applesauce ½ cup Milk 1% 8oz</p>	<p>10 Chicken Pot Pie 3oz Broccoli ½ cup Wheat Roll 1 each Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>11 Almond Crusted Fish 3oz Spinach ½ cup Scalloped Potatoes ½ cup Wheat Bread 2 slices Diced Peaches ½ cup Milk 1% 8oz</p>
<p>14 Oven Fried Chicken 3oz 1 grain Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Orange Juice ½ cup Milk 1% 8oz</p>	<p>15 Italian Bowtie Pasta w/Beef 2oz 1 grain Broccoli w/Red Peppers ½ cup Green Beans ½ cup Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>16 Bagel w/Egg, Sausage & Cheese 2oz 2 grains Sliced Apples ½ cup Roasted Sweet Potatoes ½ cup Milk 1% 8oz</p>	<p>17 Enchilada Bowl 2oz Fajita Vegetables ½ cup Cilantro Lime Rice ½ cup Diced Mango ½ cup Wheat Bread 1 slice Milk 1% 8oz</p>	<p>18 Potato Pollock 3oz Peas and Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Tropical Fruit 4oz Milk 1% 8oz</p>
<p>21 Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries & Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slices Diced Mangos ½ cup</p>	<p>22 Teriyaki Chicken & Noodles 2oz, 1 grain Stir Fry Veggies ½ cup Fresh Orange 1 each Wheat Bread 1 each Milk 1% 8oz</p>	<p>23 Sloppy Joe 3oz WG Bun 1 each Roasted Sweet Potatoes ½ cup Brussel Sprouts w/ Onion ½ cup Diced Pineapple ½ cup Milk 1% 8oz</p>	<p>24 Sliced Turkey over 2oz Southwest Pasta 1 grain Broccoli ½ cup Peas ½ cup Diced Peaches ½ cup Chocolate Pudding ½ cup Milk 1% 8oz</p>	<p>25 Beef Stew 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 1% 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 1% 8oz</p>	<p>29 Indiana Style Chili Mac 2oz 1 cup California Veggie Blend ½ cup Applesauce ½ cup Corn Bread 1 each Milk 1% 8oz</p>	<p>30 Smoked Pork Sausage 2oz W/ Peppers & Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Roll 1 each Strawberry Applesauce ½ cup Milk 1% 8oz</p>		

*Menus are subject to change based on product availability.