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# Nutritionu

**Group**

*Bucks County HOT*

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | |
| **3** | **4** | **5- ash** | **6** | **7** | |
| **MANICOTTI W MEAT SAUCE**  (1/ 4 cup PS Ri cotta, 2oz gr beef , 2 | **SALSA CHICKEN**  (3o z EP chicken w/ 2o z to mato , | **BAKED FISH W ITALIAN PARSLEY CREAM SAUCE** | **BAKED CHICKEN w CHICKEN**  **GRAVY** | **PEPPER** & **ONION CHEESE**  **OMELET** | |
| oz to mat o sauce, 1/ 2 cu p | pepper onion sauce | (3oz tilapia , 2oz sauce) | (3oz EP chicken breast, 2oz li ght | (3oz chee se omelet , 1oz pepper s, | |
| ma ni co tt i shell-1) | ½ cup Brown Ri ce | ½ cup Itali an Blend - zucchini , li ma b ean, | chic ken gravy) | 1oz onion s) | |
| ½ cup bro ccoli | ½ cup corn & red pepper s | carrot , gr . bean, caulif . | ½ cup traditional stuffi ng | ½ cup cra n apple compot e | |
| ½ cup pears w oat t o ppin g | 2oz wheat roll , pc marg | ½ cu p Butt ered Orzo | ½ cup carrot & peas | ½ cup ha sh br o wns | |
| 1 slic e WW bread, pc mar ga rine | ½ cup pineapple s | 2 oz WW roll, pc marg | 2 oz WW roll, pc marg | 1 sli ce WW bread, pc marg | |
| Fr esh Frui t |  | Fr esh Or ange | ½ cup appl esa uc e | Su gar cookie | |
| **10** | **11** | **12** | **13** - **St Patrick's Day Meal** | **14** | |
| **PHILLY CHEESEBURGER** | **BBQ CHICKEN THIGH** | **FRENCH ONION MEATLOAF** | **CORNED BEEF** | **CHEESE¥ OMELET** | |
| {3oz EP gr o un d b eef, 0.5oz pro v, | {3oz EP chic ken thi gh, 1oz BBQ) | (3oz EP gr beef, 1oz onion gravy) | (3oz EP Co rned Beef) | (3oz ch eese omelet, 0.5oz | |
| 1oz peppers & o ni o ns) | ½ cup mixed vegetabl es | ½ cup green bean s | ½ cup sauteed cabbage | m o zz arella) | |
| ½ cup pot at o wedges | ½ cup Veg baked bean s | ½ cup ma shed pot at oes | ½ cup boiled potat oes | ½ cup sauteed | spin ach and car rot s |
| ½ cup peas & ca rrot s | 1 o z whole whe at bread, pc | 1 slic e WW bread, pc mar g | 2oz dinner roll | ½ cup cook ed apple s | |
| 2oz WW ham burger ro ll | mar garin e | Sweet muffin | Special Sweet Dessert | 2oz WW roll, pc marg | |
| ½ cup berry appl esa uce | Fr esh Fruit |  |  | ½ cup mandarin orang es | |
| **17** | **18** | **19** | **20** | **21** | |
| **CHICKEN MARSALA** | **GROUND BEEF AND BEAN CHILI** | **MILD CHICKEN** & **VEG. CURRY** | **SLICED BEEF MERLOT** | **CRABCAKE** & **MAC** & **CHEESE** | |
| (3oz EP chi cken breast, 1 oz | (2o z ground beef, *¼* cup | (3 oz EP di ced chick en, 2oz mild tomato | {3oz EP slic ed beef, 2oz sauce w | (3oz EP surimi , ½ elbow noodles, 1 | |
| m u shro o m s, 2oz mar sa la sa uce) | pinto/ kidn ey beans, 2oz sauce, | curry sauce, ½ cup chat eau blend brocc., | saut eed onion s) | oz cheddar cheese ) | |
| ½ cup butt ery herb red pot atoes | .Soz cheddar che ese) | caulif , carrot , zucchini) | ½ cup whipped sweet potatoe s | ½ cup sc alloped tomato es | |
| ½ cup gr een brea ns 2oz WW roll, pc mar gar ine  Fr esh Fr uit | ½ c carr ot s, caulif , & bro cc  ½ cup sw eet corn  1 sl WW bread, pc marg cho colat e chip cookie | ½ cup peas  ½ cup brown rice 2oz WW roll, pc marg  Fr esh Or ange | ½ cup roast ed beet s  2oz WW roll, pc margarin e  ½ cup cinnamon appl esauce | ½ cup bro ccoli  1 slic e WW bread, pc mar g  ½ cup pears | |
| **24** | **25** | **26** | **27** | **28** | |
| **ASIAN GARLIC CHICKEN** | **BAKED ZITI** | **MAPLE GLAZED CHICKEN** | **ITALIAN PULLED PORK** | **RICE** & **SPINACH STUFFED FISH w** | |
| (3oz EP chi cken) | {3/4 cup ziti , ½ cup PS ricott a | {3oz EP chick en breast , 1oz mapl e glaze) | {3oz EP por k, 2oz light pork gravy) | **DILL SAUCE** | |
| ½ cup fri ed brow n rice | cheese, 1oz PS mozz , 2oz tomato | ½ cup Mashed sweet potato | ½ cup mashed potatoe s | (3oz EP tilapia, 1oz spinach , 3T ri ce | |
| ½ cup Stir f y veg - broc, suga r snap | sa uce) | ½ cup sugar snap p eas | ½ cup green beans | , 1oz sauce) | |
| peas, water chest nu ts | ½ cup bru ssel sprout s | 1o z WW bread, pc marg | 1 slice white bread , pc marg | ½ c broccoli | |
| 2 oz WW roll, pc marg | ½ cup spi ced peaches | Fr esh Appl e | Sweet muffin | ½ c herb cou scou s | |
| ½ cup mandarin oran ges | Fre sh Fruit |  |  | 2oz WW roll, pc marg | |
|  |  |  |  | ½ cup fruit cockt ail | |
| **31** | | | | | |
| **BAKED CHICKEN w CHICKEN GRAVY**  (3oz EP chicke n breast, 2oz ligl1t chicken gravy )  ½ cup tradition al stuffing  ½ cup carrot & peas 2 oz WW roll, pc marg  ½ cuJJ\_ap\_p\_l esauce |  |  | Colleen Brawn MA RD LDN #948038  \* M enu subj ect to ch ange |  | |

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*Bucks County COLD*

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| --- | --- | --- | --- | --- |
| Monday | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** | **4** | **5** | **6** | **7** |
| **GARDEN SALAD W CHICKEN** | **SEAFOOD SALAD PLATTER W** | **HONEY MUSTARD SLICED CHICKEN WRAP** | **TUNA NICOISE SALAD** | **ROAST BEEF CAESAR SALAD** |
| (2oz EP chi cke n, 1 HB egg, 0.5oz | **CHEESE** (3oz EP surim i, 1 oz cheddar | (3oz EP ch ick en, 1 T Honey mu stard ) | (2oz EP tuna in tuna salad, **1** whole | (3oz EP roa st beef, 1/ 2 whole HB |
| shr edded cheese, 1 cup romaine, 1 | cheese ) | ½ cup Gre ek orzo salad (or zo, tomato, | egg, 1 c romaine lett uce, 0.5oz red | egg, 1 cup romaine lettu ce, 1 T |
| pkt low sod ium , LF It alian dr essing) | ½ cup mari. tomato and whit e bean | cucumb er, chickpeas, olive s) | onion, 0.5o z o li ves, 1 pkt LSLF Italian | croutons , 1T Caesar dre ssing ) |
| ½ cup tomato and cucumb ers | ½ c mari. cucumber and onion salad | ½ c. marinated carrot & caulifl . salad | drg) ½ cu p marinated green bean | ½ cup pasta salad |
| ½ cup co ld couscous w pep pers | 2oz WW roll, margarine | 6" whole wheat tortilla | salad | ½ cup marin ated tomato salad |
| 1 sli ce WW bread, pc margarine | ½ cup pineapple s | Fresh Orange | ½ cup pot ato salad | 1 oz WW bread, pc marg |
| Fresh Fruit |  |  | 2oz whole wheat roll, pc marg | Sugar Coo kie |
|  |  |  | ½ cup appl esauce |  |
| **10** | **11** | **12** | **13** | **14** |
| **ASIAN CHICKEN SALAD** | **SPINACH SALAD WITH EGG SALAD** | **TURKEY** & **CHEESE SANDWICH** | **CHICKEN TACO SALAD** | **CHICKEN SALAD WRAP** |
| (3oz EP chicken, 1 cup s romaine | (3 whole eggs EP in egg salad , 1 cup | (2oz tur key, 1oz swis s che ese, 2oz WW | (2oz chicken, 1 oz cheddar chee se, | (3oz EP chicken) |
| lettu ce, 1 Tbsp chow mein noodles, ¼ | fr esh sp in ach, 2 T red peppers, 1 T | Ham burg er bun) | 1/8c black beans, 1 cup s romaine | ½ cup potato salad |
| c mandarin orange s, 1 T Asian dr g) | red onion, 1 T FF It ali an dressing) | Lettuc e leaf, tomato slice | lett uce, 1 Tbsp FF ran ch) | ½ cup health salad |
| ½ cup co ld sesa m e noodl e sa lad | ½ cup marin ate d beet salad | ½ cup marinated broccoli salad | ½ cup corn & pepper salsa | 6" whole wheat tortilla |
| ½ c marina . cucumber & carro t sala d | ½ cup marinated dill cucumber salad | ½ cup carrot and raisin salad | ½ cup marinated tomato salad | ½ cup mand arin ora nges |
| 2oz WW roll, pc mar g | 1 oz WWbread, pc margarine | Sweet muffin | 2oz WW roll, pc m arg |  |
| ½ cup berry apple sauce | Fr esh Fru it |  | Fresh Pea r |  |
| 17 | **18** | **19** | **20** | **21** |
| **SEAFOOD SALAD PLATTER W** | **TUNA SALAD PLATTER** | **CHEF SALAD** | **VEGETABLE PASTA SALAD W** | **GARDEN SALAD W CHICKEN** |
| **CHEESE** | (3oz EP Tuna) | (1oz tu rkey ham, 1oz turkey , 1oz swi ss chee se, | **CHICKEN** | (2oz EP chicken, 1 HB egg, 0.5oz |
| (3oz EP su rim i, 1 oz cheddar cheese) | ½ cup lentil tomato & onion salad | 1 cup rom ai n e, 2 Tbsp cucumber , 2Tbsp diced | (1/2 cup vegetable past a salad, 2oz | shr edded cheese, 1 cup romain e, 1 |
| ½ cup marin at ed tom ato and whit e | ½ cup marin ated broccoli salad | tomato, 1Tbsp FF 1000 island drg) | EP chicken , 0.5oz cheese cub es ¼ c | pkt low sodium, low fat It alian |
| be an  ½ cup marin ate d cucu mb er and | 1 sl WW bread , pc marg  1oz choco late chip cookie | ½ cup macaroni salad  ½ cup m arin ate d green bean salad | white bean s)  ½ cup marinated summer salad | dre ssing )  ½ cup tomato and cucumber s |
| onion sa lad |  | 2oz WW roll, pc marg | (p epp ers, toma, cucumber, onion s) | ½ cup co ld couscous w p eppers |
| 2oz WW roll, margarin e |  | Fr esh Orang e | ½ cup pineappl es | 1 sli ce WW bread, pc mar garin e |
| Fr esh Fr uit |  |  | 2oz WW roll, pc marg arin e | ½ cup pear s |
|  |  |  | ½ cup cinnamon apple sauce |  |
| 24 | **25** | **26** | **27** | **28** |
| **TURKEY** & CHEESE **SANDWICH** | **TURKEY HAM** & **SWISS PITA** | **TURKEY WRAP** | **GRILLED CHICKEN SALAD W** | **ASIAN CHICKEN SALAD** |
| (2o z t ur key, 1oz sw iss cheese, 2oz | (1.5oz EP turkey ham , 1.5oz swi ss | (3oz EP turkey) | **CRAISINS** & **ALMONDS** | (3oz EP chic ken, **1** cups romain e |
| WW Hambur ger bun) | cheese, ½ WW pita) | lettuce, tomato slic e | (3oz EP chicken , 1 T craisins , 1 T | lett uce, 1 Tbsp chowmein noodles, ¼ |
| l et tuce leaf, tomato sli ce | ½ cup marin ated broccol i salad | ½ cup cole slaw | almond s, 1 cup romaine lettuce, 1 | c m anda rin orange s, 1 T Asian drg) |
| ½ cup m ar in ate d broccoli sa lad | ½ cup 3 bean salad | ½ cup carrot & rai sin salad | tb sp Ra spberry vinaigrett e) | ½ cup co ld sesame noodl e salad |
| ½ cup carrot and raisin salad | Fr esh Fruit | 6" whol e wheat tortilla | ½ cup macaroni salad | ½ c mar inat .cucumber & carrot salad |
| ½ cup mand arin oranges |  | Fr esh Apple | ½ cup marinated car rot salad | 2oz WW roll, pc marg |
|  |  |  | 1 oz white bread, pc marg | ½ cup fruit cocktail |
|  |  |  | Sweet muffin |  |
| **31** | **31 (continued)** |  |  |  |
| **TUNA NICOISE SALAD** | ½ cup marinated green bean salad |  | Colleen Brawn MA RD LON |  |
| (2oz EP tuna in tuna salad , 1 whole | ½ cup potato salad |  | #948038 |  |
| egg, 1 c rom aine lettu ce, 0.5oz r ed | 2oz whol e wheat roll , pc marg |  |  |  |
| onion, 0.5oz o li ves, 1 pkt LSLF Ita lian | ½ cup app lesauce |  | \* Menu subject to change |  |
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