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| **Monday** | **Friday****4** |
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| **Colleen Brawn MA RD LDN #948038 CHICKEN CAESAR SALAD****\*Menu subject to change** (3oz EP chicken, 1/2 whole HB egg, 1cup romaine lettuce, 1 T croutons, 1TCaesar dressing)*½* cup pasta salad w peppers½ cup marinated tomato saladl oz WW bread, pc marg.\_. Sugar Cookie**7** • **8** | **GARDEN SALAD W CHICKEN** | **SEAFOOD SALAD PLATTER W CHEESE** |  | **HONEY MUSTARD SLICED CHICKEN** |
| (2oz EP chicken, 1 HB egg, 0.5oz | (3oz EP surimi, 1 oz cheddar cheese) | **WRAP** (3oz EP chicken, 1 **T** Honey |
| shredded cheese, l cup romaine, 1 pkt | *½* cup marinated tomato and white | mustard ) |
| low sodium, low fat Italian dressing) | bean | *½* cup Greek orzo salad (orzo, tomato, |
| *½* cup tomato and cucumbers | *½* cup marinated cucumber and onion | cucumber, chickpeas, olives) |
| ½ cup cold couscous w peppers1 slice WW bread, pc margarine | salad2oz WW roll, margarine | ½ cup marin. carrot & cauliflower salad6" whole wheat tortilla |
| Fresh Fruit | *½* cup pineapples | Fresh Orange |
| **9** | **10** | **11** |
| **CHICKEN TACO SALAD** {2oz chicken, 1 | **CHICKEN SALAD WRAP** (3oz EP | **ASIAN CHICKEN SALAD** (3oz EP | **EGG SALAD SANDWICH (3 whole egg) TURKEY & AMERICAN CHEESE***½* cup marinated beet salad **SANDWICH** (2oz turkey, 1oz American*½* cup marinated dill cucumber salad cheese, 2oz WW Hamburger bun} 2 slice WW bread Lettuce leaf, tomato sliceFresh Orange ½ cup mandarin oranges* *½* cup Cold vegetable rice salad Sweet muffin •

Pc mayo · \_***U*** |
| oz cheddar cheese, 1/8c black beans, 1 cups romaine lettuce, 1 Tbsp FF ranch)*½* cup corn & pepper salsa½ cup marinated tomato salad | chicken)*½* cup potato salad*½* cup health salad6" whole wheat tortilla | chicken, 1 cups romaine lettuce, 1 Tbsp chowmein noodles,¼ c mandarin oranges, 1 Tbsp Asian dressing)*½* cup cold sesame noodle salad |
| 2oz WW roll, pc marg | ½ cup mandarin oranges | *½* c marina. cucumber & carrot salad |
| Fresh Pear |  | 2oz WW roll, pc marg*½* cup berry applesauce |
| **14** | **15** | **H** |
| **VEGETABLE PASTA SALAD WITH****CHICKEN** (1/2 cup vegetable pasta salad, 2oz EP chicken, 0.5oz cheese cubes¼ c white beans)½ cup marinated summer salad (peppers, tomato, cucumber, onions)*½* cup pineapples2oz WW roll, pc margarine*½* cu2\_c\_il1n\_aJ11()11 p\_lesauce | **GARDEN SALAD W CHICKEN** (2oz EPchicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, low fat Italian dressing)*½* cup tomato and cucumbers½ cup cold couscous w peppers 1 slice WW bread, pc margarine*½* cup pears | **SEAFOOD SALAD PLATTER W CHEESE**(3oz EP surimi, 1 oz cheddar cheese)½ cup marinated tomato and white bean*½* cup marinated cucumber and onion salad2oz WW roll, margarine Fresh Fruit | **TUNA SALAD PLATTER** (3oz EP Tuna)*½* cup lentil tomato & onion salad*½* cup marinated broccoli salad 1 sl WW bread, pc marg1oz chocolate chip cookie |  | HOLIDAY CLOSED |
| **21** | **22** | **23** | **24** |  | **25** |
| **GRILLED CHICKEN SALAD W CRAISINS** | **ASIAN CHICKEN SALAD** (3oz EP | **TURKEY & AMERICAN CHEESE****SANDWICH** (2oz turkey, 1oz American cheese, 2oz WW Hamburger bun) Lettuce leaf, tomato slice*½* cup mandarin oranges½ cup Cold vegetable rice saladPc mayo •.. -**30** | **TURKEY HAM & SWISS** (1.5oz EP |  | **TURKEY WRAP** (3oz EP turkey} |
| & **ALMONDS** (3oz EP chicken, 1 Tcraisins, 1 T almonds, 1 cup romaine | chicken, 1 cups romaine lettuce, 1Tbsp chowmein noodles, *¼* c mandarin | turkey ham, 1.5oz swiss cheese,½ WWpita) | Lettuce, tomato slice*½* cup cole slaw |
| lettuce, 1 tbsp Raspberry vinaigrette} | oranges, 1 Tbsp Asian dressing) | ½ cup marinated broccoli salad | ½ cup carrot & raisin salad |
| ½ cup macaroni salad | *½* cup cold sesame noodle salad | *½* cup 3 bean salad | 6" whole wheat tortilla |
| *½* cup pineapples | ½ c marinated cucumber & carrot | Fresh Fruit | Fresh Orange |
| 1 oz white bread, pc marg Sweet muffin | salad2oz **WW** roll, pc marg½ cup fruit cocktail |  |  |
| **28** | **29** |  |  |
| **CHICKEN CAESAR SALAD**(3oz EP chicken, 1/2 whole HB egg, 1 cup romaine lettuce, 1 T croutons, 1T Caesar dressing)*½* cup pasta salad w peppers½ cu.p marinated tomato salad 1 oz WW bread, pc marg\_ - gar Cookie | **GARDEN SALAD W CHICKEN**(2oz EP chicken, 1 HB egg, 0.5oz shredded cheese, 1 cup romaine, 1 pkt low sodium, low fat Italian dressing)*½* cup tomato and cucumbers*½* cup cold couscous w peppers 1 slice WW bread, pc margarine Fresh Fruit | **SEAFOOD SALAD PLATTER W CHEESE**(3oz EP surimi, 1 oz cheddar cheese) | ,<,: !'\Y< ... |  |  |
| *½* cup marinated tomato and white | .' | . |  |
| bean |  |  |  |
| ½ cup marinated cucumber and onion salad2oz WW roll, margarine | ..."\1 : |  |  |
| ½ cue\_ pineapples |  |  |  |

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**Nutrition**

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## Group

**Monday Tuesday Wednesday Thursday Friday**

**1 2 3 4**

### Colleen Brawn MA RD LDN #948038

**\*Menu subject to change**

**7**

**ROSEMARY ROASTED TURKEY W**

**LIGHT TURKEY GRAVY**

(3 oz EP turkey, 2oz light gravy)

½ cup Brussel sprouts

½ cup corn bread stuffing

2 oz whole wheat roll, pc marg Fresh Pear

### PEPPER & ONION CHEESE OMELET

(3oz cheese omelet, 1oz peppers, 1oz onions)

½ cup cran apple compote

½ cup hash browns

1 slice WW bread, pc marg Sugar cookie

* **8**

**MEATBALL SUB**

(3-loz meatballs, 1oz tomato sauce)

½ cup sauteed spinach and carrots

½ cup cooked apples 2oz club roll

½ cup mandarin oranges

### SALSA CHICKEN

(3oz EP chicken w/ 2oz tomato, pepper onion sauce

½ cup Brown Rice

½ cup corn & red peppers 2oz wheat roll, pc rnarg Fresh Fruit

**9**

### PHILLY CHEESEBURGER

{3oz EP ground beef, 0.5oz prov, 1oz peppers & onions)

*½* cup potato wedges

½ cup peas & carrots 2oz WW hamburger roll

½ cup\_ berry applesauce

### BAKED HAM W CRANBERRY GLAZE

(3oz EP ham, 1oz glaze)

*½* cup whipped sweet potatoes

½ cup green beans 2oz wheat roll, pc marg

½ cup pineapples

### 10

**BBQ CHICKEN THIGH**

(3oz EP chicken thigh, 1oz BBQ)

½ cup mixed vegetables

½ cup Veg baked beans

1 oz whole wheat bread, pc margarine

Fresh Orange

### BAKED FISH W ITALIAN PARSLEY CREAM SAUCE

(3oz tilapia, 2oz sauce)

½ cup Italian Blend - zucchini, lima bean, carrot, gr, bean, caulif.

½ cup Buttered Orzo 2 oz WW roll, pc marg Fresh Orange

### 11

**FRENCH ONION MEATLOAF**

(3oz EP gr beef, 1oz onion gravy)

½ cup green beans

½ cup mashed potatoes 1 slice WW bread, pc marg

Sweet muffin

**14 15 16 17 18**

### SLICED BEEF MERLOT

(3oz EP sliced beef, 2oz sauce w sauteed onions)

½ cup whipped sweet potatoes

½ cup roasted beets 2oz WW roll, pc margarine

½ cup c:innamon ae\_plesauce

### CRABCAKE & MAC & CHEESE

(3oz EP surimi, ½ elbow noodles, 1 oz cheddar cheese)

½ cup scalloped tomatoes

½ cup broccoli

1 slice WW bread, pc marg

½cup pears

### LEMON PEPPER CHICKEN

(3oz EP chicken breast, 2oz sauce)

½ cup Couscous

* ½ cup green beans 2oz WW roll, pc margarine

Fresh Fruit

### EASTER MEAL

**GLAZED HAM W PINEAPPLE SAUCE**

(3oz Pork)

½ cup corn pudding

½ cup winter blend 2oz dinner roll Ap\_e\_le Pie

HOLIDAY CLOSED



**21 22 23 24 25**

### ITALIAN PULLED PORK

(3oz EP pork, 2oz light pork gravy)

½ cup mashed potatoes

½ cup green beans

1. slice white bread, pc marg Sweet muffin

### RICE & SPINACH STUFFED FISH w DILL SAUCE

(3oz EP tilapia, 1oz spinach, 3T rice, 1oz sauce)

½c broccoli

½ c herb couscous 2oz WW roll, pc marg

½ cup fruit cocktail

### ASIAN GARLIC CHICKEN

(3oz EP chicken)

½ cup fried brown rice

½ cup Stirfy *veg-* brae, sugar snap peas, water chestnuts

1. oz WW roll, pc marg

½ cup mandarin oranges

### PASTA W MEATBALLS

(3oz meatballs, 2oz tomato sauce)

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*½* cup brussel sprouts

½ cup penne Fresh Fruit

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### BEEFHOTDOG

**(3oz EP beef)**

½ cup potato wedges

½ cup sugar snap peas HotdogRoll Fresh Orange

**28 29 30**

### PEPPER & ONION CHEESE OMELET

(3oz cheese omelet, 1oz peppers, 1oz onions)

½ cup cran apple compote

½ cup hash browns

1 slice WW bread, pc marg Sug\_ar cookie

### SALSA CHICKEN

(3oz EP chicken w/ 2oz tomato, pepper onion sauce

*½* cup Brown Rice

½ cup corn & red peppers 2oz wheat roll, pc marg Fresh Fruit

### BAKED HAM W CRANBERRY GL ZE

(3oz EP ham, 1oz glaze)

½ cup whipped sweet potatoes

*½* cup green beans • 2oz wheat roll, pc marg

½ cup pineapples