




chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 				
<p>3 Goulash 8oz(3oz) Rosemary Roasted Potatoes ½ cup Diced Carrots ½ cup Diced Pears ½ cup Wheat bread 1 slice Milk 8 oz</p> 	<p>4 Chicken Parmesan 3oz(1grain) Parmesan Cheese Apples w/Cherries & Almonds 4oz Roasted Potatoes ½ cup Wheat Bread 1 slice Mango Cup 4oz Milk 8oz</p>	<p>5 Vegetable Lasagna 3oz w/Veggie Marinara 1grain Lima Beans ½ cup Diced Carrots ½ cup Wheat Roll 1 grain Diced Pineapple ½ cup Milk 8oz</p>	<p>6 Sloppy Joe 3oz Roasted Sweet Potatoes ½ cup Brussels Sprouts ½ cup w/Onion Wheat Bun 1 each(2grain) Diced Pineapple 1/2 cup Milk 8oz</p>	<p>7 Almond Crusted 3oz Fish 1 grain California Veggies ½ cup Scalloped Potatoes ½ cup Diced Peaches ½ cup Wheat Bread 1 grain Milk 8oz</p>
<p>10 Oven Fried Chicken 3oz Collard Greens ½ cup Whipped Sweet ½ cup Potatoes Orange Juice 4oz Wheat bread 1 slice Milk 8oz</p>	<p>11 Country Ham & Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup 2 Corn Bread Mixed Fruit ½ cup Milk 8oz</p>	<p>12 Three Sisters Bison 3oz Stew Collard Greens 1/2cup Corn Casserole ½ cup Mandarin Oranges ½ cup 2 Wheat bread Milk 8 oz</p>	<p>23 Vegetarian Chili- 1cup <i>New Recipe!</i> California Veggies ½ cup Roasted Sweet Potatoes ½ cup 2 Corn Bread Tropical Fruit ½ cup Milk 8 oz</p>	<p>14 Italian Bowtie 1 grain Pasta w/Beef 1 cup(3oz) Broccoli w/Red Peppers ½ cup Green Beans ½ cup Applesauce ½ cup Dinner roll 1 grain Milk 8 oz</p>
<p>17 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Diced Pineapple ½ cup WG Bun 2 grain Milk 8 oz</p>	<p>18 Beef Over 1 grain Egg Noodles 3oz(1 cup) Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 grain Applesauce ½ cup Milk 8oz</p>	<p>19 Turkey w/ 3oz Southwest Pasta 1 grain Corn ½ cup Peas ½ cup Wheat bread 1 grain Chocolate Pudding 4oz Milk 8 oz</p>	<p>20 Bagel 2 grains/Sausage, Egg & Cheese 3oz Roasted Sweet ½ cup Potatoes Sliced Apples ½ cup Milk 8 oz</p>	<p>21 Beef Stew 1 cup(3oz) Corn 1/2 cup Turnip Greens ½ cup 2 Wheat Bread Diced Peaches ½ cup Milk 8 oz</p>
<p>24 Smothered Chicken 3oz Breast w/ Gravy White and Wild Rice ½ cup Key West Veggies ½ cup Wheat Bread 1 grain Wg Birthday Treat 1 grain Milk 8 oz</p>	<p>25 Spaghetti/meatballs 1 grain Parmesan Cheese California Veggies ½ cup Italian Cut Green Beans ½ cup Dinner roll 1 grain Mandarin Oranges ½ cup Milk 8 oz</p>	<p>26 Meatloaf w/Gravy 3oz Mashed Potatoes ½ cup Brussels sprouts ½ cup 2 Wheat Bread 2 grain Mandarin Oranges ½ cup Milk 8 oz</p>	<p>27 Potato Pollock 3oz Tartar Sauce Peas and Corn ½ cup Collard Greens ½ cup 2 Wheat Bread 2 grain Tropical Fruit ½ cup Milk 8 oz</p>	<p>28 Indiana Style Chili Mac 1 cup(3oz) Mixed Veggies ½ cup Applesauce ½ cup 2 Corn Bread Milk 8 oz</p>

*Menus are subject to change based on product availability.