




chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken & Noodles 1 cup (2oz) 1 grain Rosemary Potatoes ½ cup Broccoli ½ cup Wheat Roll 1 each Diced Pears ½ cup Milk 1% 8oz</p>	<p>2 Pot Roast w/Gravy 2oz Key West Veggies ½ cup Mashed Potatoes ½ cup Wheat Bread 2 slice Strawberry Applesauce ½ cup Milk 1% 8oz</p>	<p>3 Spaghetti/meatballs 2oz 1 grain Parmesan Cheese California Veggie Blend ½ cup Italian Cut Green Beans ½ cup Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>4 Closed</p>	<p>5 closed</p>
<p>8 Grilled Hamburger 3oz Mac & Cheese ½ cup 1 grain Festive Green Beans ½ cup Diced Pears ½ cup Wheat Bun 2 grain Milk 1% 8oz</p>	<p>9 Almond Crusted 3oz Fish Spinach ½ cup Scalloped Potatoes ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 1% 8oz</p>	<p>11 Veal Piccata 2 oz California Veggie Blend ½ cup Roasted Potatoes ½ cup Wheat Roll 2 each Mandarin Oranges ½ cup Milk 1% 8oz</p> 	<p>11 Braised Beef Over 2oz Egg Noodles 1grain Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 each Applesauce ½ cup Milk 1% 8oz</p>	<p>12 Cheese Lasagna w/ 2oz Veggie Marinara Capri Veggies ½ cup Lima Beans ½ cup Wheat Roll 1 grain Diced Pineapple ½ cup Milk 1% 8oz</p>
<p>15 Oven Fried 2oz Chicken 1 grain Whipped Sweet ½ cup Potatoes Collard Greens ½ cup Orange Juice 4 oz Wheat bread 1 slice Milk 1% 8oz</p>	<p>16 Italian Bowtie 2 oz Pasta w/Beef 1 grain Broccoli w/Red Peppers ½ cup Green Beans ½ cup Wheat bread 1 slice Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>17 Bagel w/Egg, 2oz (2grain) Sausage & Cheese Sliced Apples ½ cup Roasted Sweet Potatoes ½ cup Milk 1% 8oz</p>	<p>18 Country Ham & Beans 2oz Diced Beets ½ cup Diced Carrots ½ cup Corn Bread 2 grain Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>19 Potato Pollock 2oz(1 grain) Peas and Corn ½ cup Turnip Greens ½ cup Wheat Bread 1 slice 1 grain Tropical Fruit ½ cup Milk 1% 8oz</p>
<p>22 Sloppy Joe 3oz WG Bun 2 grain Roasted Sweet Potatoes ½ cup Brussel Sprouts w/ Onion ½ cup Diced Pineapple ½ cup Milk 1% 8oz</p>	<p>23 Teriyaki Chicken 2oz & Noodles 1 cup(1 grain) Stir Fry Veggies ½ cup Fresh Orange ½ cup Dinner roll 1 each Milk 1% 8oz</p>	<p>24 Chicken Parmesan 2 oz 1 grain Parmesan Cheese Apples w/Cherries & Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1 slice Diced Mangos ½ cup Milk 1% 8oz</p>	<p>25 Sliced Turkey over 2 oz Southwest Pasta 1 grain Broccoli ½ cup Peas ½ cup Wheat bread 1 slice 1 grain Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>26 Beef Stew 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice 2 grain Diced Peaches ½ cup Milk 1% 8oz</p>
<p>29 Meatloaf w/Gravy 3oz Brussels sprouts ½ cup Mashed Potatoes ½ cup Mandarin Oranges ½ cup Wheat bread 1 each 1 grain Milk 1% 8oz</p>	<p>30 Indiana Style Chili Mac 2oz (1 grain) California Veggie ½ cup Blend Applesauce ½ cup Corn Bread 1 grain Milk 1% 8oz</p>	<p>31 Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slice 2 grain Diced Pears ½ cup Milk 1% 8oz</p>		<p>Cultural Meal Day</p> 

*Menus are subject to change based on product availability.