

Mon	Tue	Wed	Thu	Fri
Birthday Day - 9th Choice Day—10th & 14th Circled Days - meals that freeze well	Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	1 Turkey slice 3 oz Mashed pot 4 oz /Gravy Three bean salad 4 oz Pears 4 oz Roll Milk	2 Goulash 8 oz Corn 4 oz Pineapple 4 oz Garlic bread Milk	3 Tuna patty w/tartar sauce Creamed peas & pot 4 oz Strawberries 4 oz Wheat roll Milk
6 Creamed chicken 6 oz over a Biscuit Broccoli 4 oz Peaches 4 oz Dry fruit w/walnuts 4 oz Milk	7 Ham & beans 8 oz Potato with onions 4 oz Parslied carrots 4 oz Plums 4 oz Cornbread Milk	8 Beef noodle casserole 8 oz Green beans 4 oz Mandarin oranges 4 oz Bread Milk	9 Swedish steak Baked potato/Margarine Combination salad 4 oz Salad dressing Stewed apples 4 oz Oatmeal cake Roll Milk	10 Chicken patty or Fish with set up or tartar sauce Bun Cole slaw with carrots 4 oz Mixed fruit 4 oz Brownie Milk
13 Turkey hash 8 oz Mixed vegetables 4 oz Pineapple 4 oz Bread Pistachios 4 oz Milk	14 Liver & onions in Gravy OR Beef cutlet in Gravy Mashed pot 4 oz /Gravy Peas & carrots 4 oz Mixed fruit 4 oz Roll Milk	15 BBQ pork 3 oz on a Bun Baked beans 4 oz Broccoli salad with raisins 4 oz Peaches 4 oz Milk	16 Baked chicken Cauliflower 4 oz w/ cheese sauce Green beans 4 oz Blushing pears 4 oz Roll Milk	17 Tuna pasta salad 8 oz Combination salad 4 oz Salad dressing Mandarin oranges 4 oz Apple crisp Milk
20 Meatloaf Mashed pot 4 oz/Gravy Parslied carrots 4 oz Peaches 4 oz Roll Milk	21 Mexican pork stew 8 oz Crackers-2 Hominy 4 oz Apricots 4 oz Cornbread Milk	22 Southwest chicken bake 8 oz Peas 4 oz Mandarin oranges 4 oz Roll Milk	23 Sloppy joes 4 oz on a Bun Potato wedges 4 oz Bean medley salad 4 oz Pineapple 4 oz Milk	24 Cheesy potato and egg bake 8 oz Broccoli 4 oz Mixed fruit 4 oz Coffee cake w/cherries Milk
27 Ham chowder 8 oz Green beans 4 oz Mandarin oranges 4 oz Cornbread Dry fruit w/walnuts 4 oz Milk	28 Taco salad (lettuce, tomato, cheese, chips) Salsa Banana Pineapple bread (pudding) Milk	29 Scalloped chicken 8 oz Broccoli 4 oz Pickled beets 4 oz Peaches 4 oz Milk	30 Calico beef & beans 8 oz Cole slaw with carrots 4 oz Pears 4 oz Roll Milk	31 Oven fried fish with tartar sauce Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Molasses cookie Milk