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| **WEEK 1**  **Monday** | **Portion Sizes** | **Tuesday** | **Portion Sizes** | **Wednesday** | **Portion Sizes** | **Thursday** | **Portion Sizes** | **Sunday** | **Portion Sizes** |
| Chicken and Dumplings  Steamed Peas  Dinner Rolls  Fresh Fruit  Milk | 1 Cup  ¾ Cup  1 each  1 each  8 oz | Roast Turkey w/ Gravy  Cranberry Stuffing  Steamed Carrots  Fresh Fruit  Milk | 3 oz  ½ Cup  ¾ Cup  1 each  8 oz | Baked Ham  Sweet Potato Casserole  Brussel Sprouts  Fresh Fruit  Milk | 3 oz  1 each  1 cup  1 each  8 oz | Spaghetti w/  Meat sauce  Broccoli  Garlic Bread  Fresh Fruit  Milk | 1 Cup  1 cup  1 roll  1 each  8 oz. | Pot Roast with Gravy  Mashed Potatoes  Mixed Vegetables  Sliced Peaches  Milk | 3 oz.  ½ Cup  ¾ Cup  ¾ Cup  8 oz |
| **WEEK 2**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Beef Tips w/Mushrooms  Egg Noodles  Steamed Broccoli  Fresh Fruit  Milk | 1 Cup  ¾ Cup  ¾ Cup  1 each  8 oz | Jerk Cod Loins  Rice w/Peas  Key West Blend  Fresh Fruit  Milk | 4 oz  ½ Cup  ¾ Cup  1 each  8 oz | Roasted Garlic Parmesan Chicken  Parsley Red Potatoes  Lima Beans  Fresh Fruit  Milk | 2 piece  ½ Cup  ¾ Cup  1 each  8 oz | Cheese Pizza  Steamed Spinach  Fresh Fruit  Milk | 2 slice.  3/4 Cup  1 each  8 oz | Stuffed Chicken Breast  Au Gratin Potatoes  Cape Cod Blend Veg  Fruit Cocktail  Milk | 4 oz  ½ Cup  ¾ Cup  ¾ Cup  8 oz |
| **WEEK 3**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Turkey Pot Pie  Salad Bar  Fresh Fruit  Milk | 1 Cup  ½ Cup  Salad  1 ea  8 oz | Salisbury Steaks w Gravy  Mashed Potatoes  Peas  Fresh Fruit  Milk | 3 oz  ½ Cup  ¾ Cup  1 ea  8 oz | Asian Orange Chicken  Fried Rice  Steamed Cauliflower  Fresh Fruit  Milk | ¾ Cup  ½ Cup  ¾ Cup  1 each  8 oz | Meat Lasagna  Steamed Broccoli  Garlic Bread  Fresh Fruit  Milk | 1 piece  ¾ Cup  1 piece  1 each  8 oz | Baked Fish  French Fries  California Blend  Sliced Peaches  Milk | 1 Cup  ½ C  ¾ Cup  ¾ Cup  8 oz |
| **WEEK 4**  **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Sunday** |  |
| Ravioli w/ Sauce  Italian Green Beans  Garlic Bread  Fresh Fruit  Milk | 3 oz  ¾ Cup  1 each  1 each  8 oz | Beef Stew  WW Breadsticks  Fresh Fruit  Milk | 1 Cup  ¾ Cup  1 each  1 each  8 oz | Honey Roast Chicken  Scalloped Potatoes  Corn  Fresh Fruit  Milk | 2 pieces  ½ Cup  ¾ Cup  1 each  8 oz | Pork Fried Rice  Egg Rolls  Stir Fry Veg.  Fresh Fruit  Milk | 3 oz  1 each  ¾ Cup  1 each  8 oz | Meatballs w Gravy  Brown Rice  Mixed Vegetables  Pear halves  Milk | ½ Cup  ½ Cup  ¾ Cup  ¾ Cup  8 oz |