









SUNDAY

MONDAY TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Baked Chicken Beef Stew Rice Green Beans

Beef Fajitas Fideo Pinto Beans Carrots Chicken Caesar Salad

4 Oven BBQ Chicken **Baked Beef Ribs** Mashed Potato Casserole Mixed Vegetables

Pizza Grilled Salmon Mac & Cheese Corn

Taco Salad Rice Peas and Carrots

Grilled Pork Chop Yellow Rice Mixed Vegetables

Beef Spaghetti Baked Chicken Parmesan Pasta Roasted Asparagus

Brisket Chicken Fried Chicken Baked Potato Casserole Grilled Zucchini

10 Street Tacos King Ranch Chicken Spanish Rice Refried Beans Sautéed Squash

Baked Ham Chicken Cordon Bleu Yellow Rice Green Beans

12 Chicken Wings Pan Baked Salmon Fries Yellow Rice Broccoli

13 Lasagna Garlic Knots Asparagus



14 Roasted Pot Roast Mashed Potatoes Peas and Carrots

Honey Asian Chicken 15 Mongolian Beef Fried Rice/Steamed Rice Stir Fried Vegetables

Egg Rolls

16 Meatloaf Chicken & Dumplings Mashed Potatoes Roasted Veggies

17 Beef Enchilada Roasted Chicken Spanish Rice Pinto Beans Broccoli

Salisbury Steak California Chicken White Rice Savory Green Beans 19 Chicken Tenders Baked Fish Onion Rings Wild Rice Broccoli

20 Meatloaf Roasted Potatoes Peas and Carrots



Baked Chicken Garden Blend Rice Squash Casserole

22Balsamic Chicken Spaghetti & Meat Sauce Streamed Rice Butternut Squash

Grilled Chicken Beef Stew/Rice Broccoli and Cauliflower 24 Taco Spanish Rice Beans Sautéed Green Beans 25

Tamales with Chili

26 Asian Chicken Salmon Rice Fries Zucchini

27 Fried Shrimp Mac & Cheese Carrots



Beef Lasagna Chicken Alfredo Roasted Broccoli 30 Brisket Chicken Fried Chicken Baked Potato Casserole Grilled Zucchini

Chicken and Squash Refried Beans Fideo Mixed Vegetables



































