


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken pot pie Pasta Cauliflower Applesauce Lactaid Milk, Wheat Bread/ Margarine	2 Chicken Florentina Mashed potato Green Beans Peach Cup Lactaid Milk, Wheat Bread/Margarine	3 Turkey Bolognese Cheese ravioli Broccoli Gelatin Lactaid Milk Wheat Bread/Margarine	4 Mac & Cheese Carrots & Zucchini Mandarin cup Lactaid Milk, Wheat Bread/Margarine
7 Honey Mustard Chicken Rosemary Butter Rice(butter free) Vegetable Medley Peach Lactaid Milk, Wheat Bread/Margarine	8 Stuffed Spinach Ricotta Shells Marinara sauce Garlic Green beans Gelatin Lactaid Milk Wheat Bread/Margarine	9 Bread Haddock Mashed Potato Peas & Carrots Tropical fruit Lactaid Milk Wheat Bread/Margarine	10 Dill Crusted Chicken Cheddar Spinach Grits(no cheese) Broccoli Applesauce Lactaid Milk, Wheat Bread/Margarine	11 Hearty Beef Chili White Rice Cauliflower Peach Lactaid Milk Wheat Bread/Margarine
14 Holiday! No meals delivered!	15 Chimichurri Chicken Breast Jack white rice, Mix veggie, Tropical fruit, Lactaid Milk, Wheat Bread/Margarine	16 Black pepper & Sage Turkey Big Meat Ball w/Cranberry sauce Mashed potato Brussels Sprouts & Corn Mandarin Lactaid Milk Wheat Bread/Margarine	17 Lentil Soup White rice Pear Lactaid Milk, Wheat Bread/Margarine	18 Garlic Herb Roasted Cod Fish(No sauce) Parsley Potatoes Zucchini , Applesauce Lactaid Milk, Wheat Bread/Margarine
21 Turkey meatball w/ gravy Potato Leeks Mash Corn and red peppers Applesauce Lactaid Milk, Wheat Bread/Margarine	22 Braised Beef w/ vegetables Mashed sweet potato Tropical Fruit Lactaid Milk, Wheat Bread/Margarine	23 Mediterranean Cod, Baked potato Carrots Pear Lactaid Milk Wheat Bread/Margarine	24 Chicken Scampi Cavatappi pasta Steamed Broccoli Mandarin Lactaid Milk Wheat Bread/Margarine	25 Mushroom Chicken Wild Rice Garlic Roasted green beans Gelatin, Lactaid Milk, Wheat Bread/Margarine
28 American Chop Suey Green Beans, Applesauce Lactaid Milk, Wheat Bread/Margarine	29 Fish Cake w/ Tartare sraeli couscous Fava bean Corn & Peas Tropical fruit, Lactaid Milk, Wheat Bread/Margarine	30 Tortellini Fall Soup Broccoli Peach Lactaid Milk, Wheat Bread/Margarine	31 Grilled Chicken Butternut Squash risotto W/ Spinach Gelatin Lactaid Milk, Wheat Bread/Margarine	 *Menu subject to change without notice.