

<b>WEEK-1 Monday</b>	<b>WEEK-2 Monday</b>	<b>WEEK-3 Monday</b>	<b>WEEK-4 Monday</b>
1.Baked drumstick,potato, sweet corn 2.Beef meatballs over spaghetti,marinara sauce 3.Baked BASS, veggies hash, mashed potato 4.Pork goulash over bulgur 5.Bread and butter	1.Baked chicken, potatoes, sweet corn 2.Penne Pasta baked w/riccota /Mozarella cheese & veggies 3.Beef burger on Bun, lettuce, tomato & potato salad 4.Baked Tilapia over rice & veggies 5.Bread and butter	1.Chicken Parmezan,spaghetti & marinara sauce, steam cauliflower 2.Swedish Meatballs & creamy mushroom sauce over potato & vegetables 3.Grill chicken salad-lettuce-tomato-cucumbers 4.Pork tenderloin, baked with potato, beans 5.Bread and butter	1.Pork sausage, pasta & marinara sauce 2.Turkey burger, sweet potato,lettuce,tomato 3.Beefstroganov & mashed potato 4.Baked Bass & baked potato 5.Bread and butter
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
1.Beef taco w/cheese, corn tortillas 2.Tuna salad platter 3.Chicken & stir fry veggies, whire rice 4.Homestyle meatloaf w/potato & veggies 5.Assorted soup with oyster & saltine crackers	1.Beef stew with potato 2.Mediterranean pilaf 3.Turkey meatballs over pasta & marinara 4.Baked Tilapia, mashed potato, string beans 5.Assorted soup with oyster & saltine crackers	1.Chicken & stir veggies,teriyaki sauce & rice 2.Baked Salmon veggies hash & mashed potato 3.Beef Taco w/cheese, corn tortillas 4.Tuna salad platter 5.Assorted soup with oyster & saltine crackers	1.Beef meatballs,spaghettti, marinara sauce 2.Baked drumstick,yellow rice,steam veggies 3.Pork steak w/gravy, mashed potato, beans 4.Baked chicken w/spinach & rice 5.Assorted soup with oyster & saltine crackers
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
1.Pork chop, potato, green beans 2.Tuna casserole, steam pea and carrots 3.Baked chicken & veggies rice 4.Beef raviolli & sauce 5.Grill chicken salad -lettuce, tomato,cucumbers 6.Baked tilapia over pasta & veggies	1.Baked Turkey, sweet potato, corn bread 2.Meatsauce over pasta, steam veggies 3.Pork sausage, pasta, steamed broccoli,sauce 4.Chicken kebab, baked potato & fresh tomatos 5.Potato perogies & sour cream 6.Cottage cheese with fruit platter	1.Pork chops w/potatoes & green beans 2.Tuna lasagna, steam pea & carrots 3.Baked chicken, brown rice & veggies 4.Cheese raviolli & sour cream 5.Beef pepper steak w/gravy & pasta 6.Chicken salad platter, lettuce, tomato, cucumber	1.Homestyle meatloaf w/potato & veggies 2.Baked tilapia on Bun & coleslaw 3.Creamy macaroni & cheese, tomatos 4.Beef raviolli, marinara sauce 5.Chicken fajitas & pitas 6.Cottage cheese & fruit platter

**\*\*\*** Everyday complimentary that go with meal are fresh fruits, assorted juices, yogurt, pudding, cookies, and other snacks.

<b>WEEK-1 Monday</b>	<b>WEEK-2 Monday</b>	<b>WEEK-3 Monday</b>	<b>WEEK-4 Monday</b>
<p>1. Shish-kebab w/boiled potato &amp; veggies</p> <p>2. Penne Pasta baked w/ricotta /Mozarella cheese &amp; veggies</p> <p>3. Beef burger on Bun, lettuce, tomato &amp; potato salad</p> <p>4. Baked Tilapia over rice &amp; veggies</p> <p>5. Bread and butter</p>	<p>1. Baked drumstick, potato, sweet corn</p> <p>2. Beef meatsauce over spaghetti, marinara sauce</p> <p>3. Baked BASS, veggies hash, mashed potato</p> <p>4. Pork goulash over bulgur</p> <p>5. Bread and butter</p>	<p>1. Pork sausage, pasta &amp; marinara sauce</p> <p>2. Turkey burger, sweet potato, lettuce, tomato</p> <p>3. Beefstroganov &amp; mashed potato</p> <p>4. Baked Bass &amp; baked potato</p> <p>5. Bread and butter</p>	<p>1. Chicken Parmezan, spaghetti &amp; marinara sauce, steam cauliflower</p> <p>2. Swedish Meatballs &amp; creamy mushroom sauce over potato &amp; vegetables</p> <p>3. Grill chicken salad-lettuce-tomato-cucumbers</p> <p>4. Pork tenderloin, baked with potato, beans</p> <p>5. Bread and butter</p>
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
<p>1. Beef stew with potato</p> <p>2. Mediterranean pilaf</p> <p>3. Turkey meatballs over pasta &amp; marinara</p> <p>4. Baked Tilapia, mashed potato, string beans</p> <p>5. Assorted soup with oyster &amp; saltine crackers</p>	<p>1. Beef taco w/cheese, corn tortillas</p> <p>2. Tuna salad platter</p> <p>3. Chicken &amp; stir fry veggies, white rice</p> <p>4. Homestyle meatloaf w/potato &amp; veggies</p> <p>5. Assorted soup with oyster &amp; saltine crackers</p>	<p>1. Beef meatballs, spaghetti, marinara sauce</p> <p>2. Roast stew with potato &amp; carrots</p> <p>3. Pork steak w/gravy &amp; rice, beans</p> <p>4. Baked chicken w/spinach &amp; rice</p> <p>5. Assorted soup with oyster &amp; saltine crackers</p>	<p>1. Chicken &amp; stir veggies, teriyaki sauce &amp; rice</p> <p>2. Baked tilapia on Bun &amp; coleslaw</p> <p>3. Beef Taco w/cheese, corn tortillas</p> <p>4. Tuna salad platter</p> <p>5. Assorted soup with oyster &amp; saltine crackers</p>
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
<p>1. Baked Turkey, sweet potato, corn bread</p> <p>2. Meatsauce over pasta, steam veggies</p> <p>3. Pork sausage, pasta, steamed broccoli, sauce</p> <p>4. Chicken kebab, baked potato &amp; fresh tomatoes</p> <p>5. Potato perogies &amp; sour cream</p> <p>6. Cottage cheese with fruit platter</p>	<p>1. Pork chop, potato, green beans</p> <p>2. Tuna casserole, steam pea and carrots</p> <p>3. Baked chicken &amp; veggies rice</p> <p>4. Beef raviolli &amp; sauce</p> <p>5. Grill chicken salad -lettuce, tomato, cucumbers</p> <p>6. Baked tilapia over pasta &amp; veggies</p>	<p>1. Homestyle meatloaf w/potato &amp; veggies</p> <p>2. Baked Salmon veggies hash &amp; mashed potato</p> <p>3. Creamy macaroni &amp; cheese, tomatoes</p> <p>4. Beef raviolli, marinara sauce</p> <p>5. Chicken fajitas &amp; pitas</p> <p>6. Cottage cheese &amp; fruit platter</p>	<p>1. Pork chops w/potatoes &amp; green beans</p> <p>2. Tuna lasagna, steam pea &amp; carrots</p> <p>3. Baked chicken, brown rice &amp; veggies</p> <p>4. Cheese raviolli &amp; sour cream</p> <p>5. Beef pepper steak w/gravy &amp; pasta</p> <p>6. Chicken salad platter, lettuce, tomato, cucumber</p>

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