















Mon	Tue	Wed	Thu	Fri
<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p>KEY + Vitamin C Source * Vitamin A Source <> High Sodium Day WW = Whole Wheat  = Vegetarian Day</p>			<p>Holiday Meal 1</p> <p>Hamburger on WW Bun with Lettuce, Tomato, Onion & Pickle Carrot Slaw*  Fruit+, Dessert: Jello</p>
<p>HOLIDAY 4</p> 	<p>5</p> <p>Egg Salad Sandwich on WW Bread w/ Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+</p>	<p>6</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit +</p>	<p>7 </p> <p>Vegetable Stir Fry+* House Salad*  Brown Rice Fruit</p>	<p>8</p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>
<p>11</p> <p>Meatball Sub Italian Green Beans Spinach Medley Salad* Fruit+</p>	<p>12</p> <p>Baked Cod w/Coconut Curry Sauce Cilantro Coleslaw Seasoned Cauliflower+ Brown Rice Pilaf, Fruit</p>	<p>13 </p> <p>Herb Baked Chicken Potato Cabbage Soup Peas & Carrots * WW Roll Fruit+</p>	<p>14</p> <p>Sweet & Sour Pork Broccoli + Asian Blend Vegetables Brown Rice Fruit</p>	<p>15 </p> <p>Pasta w/ Marinara Sauce Brussels Sprouts + House Salad* Garlic Bread Fruit</p>
<p>18</p> <p>Imitation Crab & Egg Salad over Romaine w/Tomato Hearty Vegetable Soup*+ WW Bread Fruit, Dessert: Cookie</p>	<p>19 </p> <p>Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit</p>	<p>20 </p> <p>Pesto Tortellini Primavera*+ Tomato Soup Garlic bread Fruit</p>	<p>21</p> <p>BBQ Chicken Sandwich on WW Bun w/ Lettuce, Tomato and Onion Broccoli Cranberry Salad + Fruit</p>	<p>22 </p> <p>Albondigas Entrée Soup +* Tossed Veg Salad* Roasted Corn Tortilla Chips Fruit</p>
<p>25 </p> <p>Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous  Fruit</p>	<p>26</p> <p>Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom & Orzo Soup WW Crackers Fruit +</p>	<p>27 </p> <p>Ginger Beef Bowl Carrots* Brown Rice Fruit+</p>	<p>28 </p> <p>Spinach & Mushroom Lasagna*+ Vegetable Medley Salad * WW Roll Fruit</p>	<p>29</p> <p>Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts + Brown Rice Fruit</p>