

Menu Type: Mainline FY 2021

Date Range: 10/4/2020 to 10/10/2020

Weekly Menu

Week #: 1

Sunday (10/04/20)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Grits 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Scrambled Eggs 4.00
 oz.
 #or Peanut Butter 4.00
 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Cream Gravy 2.50 oz.
 Biscuits (2) or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Monday (10/05/20)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Cream Gravy 2.50 oz.
 Oven Brown Potatoes or
 6.00 oz.
 ♥Boiled Potatoes 4.50
 oz.
 ♥Sugar Substitute Pks
 2.00 ea
 Biscuits (2) or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Beef Tacos 6.50 oz.
 #or Soy Tacos 5.50 oz.
 ♥Black Beans 8.00 oz.
 ♥WK Corn 4.00 oz.
 ♥Taco Shells (2) 2.00 ea
 ♥Salsa 3.00 oz.
 Shredded Cheese 2.00
 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Tuesday (10/06/20)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Crumb Cake or 2.50 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Chicken Patty Sandwich
 4.00 oz.
 #or ♥Soy Chicken Patty
 4.00 oz.
 ♥Steamed Rice 8.00 oz.
 ♥Pinto Beans 8.00 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 Salad Dressing 9.00 g
 ♥WW Hamburger Bun
 1.00 ea
 Dessert or 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Wednesday (10/07/20)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Pancakes 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Hamburger 3.20 oz.
 #or No Flesh BF Patty
 3.75 oz.
 French Fries or 6.40 oz.
 ♥Baked Potato 8.00 oz.
 ♥Sliced Onions 1.00 oz.
 ♥Catsup & Mustard 0.63
 oz.
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Thursday (10/08/20)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Crumb Cake or 2.50 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Baked Chicken 8.00 oz.
 #or Pinto Beans 6.00 oz.
 ♥Baked Sweet Potato
 8.00 oz.
 ♥Green Beans 4.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 ♥Margarine Pat 1.00 ea
 Dessert or 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Friday (10/09/20)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 French Toast (2) 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Breaded Fish Sand or
 4.00 oz.
 ♥Baked Fish 4.00 oz.
 #or Black Beans 8.00 oz.
 ♥Macaroni Salad 5.00
 oz.
 ♥Carrots 4.00 oz.
 ♥WW Hamburger Bun
 1.00 ea
 Tartar Sauce 1.98 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Saturday (10/10/20)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Scrambled Eggs 4.00
 oz.
 #or PB w/WW Bread
 6.00 oz.
 ♥Baked Tater Tots 6.00
 oz.
 ♥Flour Tortilla (1) 1.00 ea
 Shredded Cheese 2.00
 oz.
 ♥Salsa 3.00 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

DINNER

♥Roast Beef 4.00 oz.
 #or Black Eyed Peas 8.00 oz.
 ♥Mashed Potatoes 5.75 oz.
 ♥Green Beans 4.00 oz.
 Brown Gravy 2.30 oz.
 ♥Whole Wheat Bread 1.00 Slices
 ♥Beverage 16.00 oz.

DINNER

♥Pasta 8.00 oz.
 ♥w/ Marinara Sauce 8.00 oz.
 ♥Meatballs 4.00 oz.
 #or Soy Spag Sauce 8.00 oz.
 ♥Spinach 4.00 oz.
 ♥Garden Salad 3.00 oz.
 ♥Ital Dressing Low Cal 9.00 g
 Garlic Bread or 1.49 oz.
 ♥Whole Wheat Bread 1.00 Slices
 ♥Beverage 16.00 oz.

DINNER

♥Salisbury Steak 6.00 oz.
 #or Black Beans 8.00 oz.
 ♥Mashed Potatoes 5.75 oz.
 ♥WK Corn 4.00 oz.
 Brown Gravy 2.30 oz.
 ♥Whole Wheat Bread 1.00 Slices
 ♥Margarine Pat 1.00 ea
 ♥Beverage 16.00 oz.

DINNER

♥Black Bean Soup 12.00 oz.
 ♥Beef Taco Salad 10.00 oz.
 #or Soy Taco Salad 9.50 oz.
 Shredded Cheese 2.00 oz.
 ♥Salsa 3.00 oz.
 ♥Beverage 16.00 oz.

DINNER

♥Chicken Fajitas 5.45 oz.
 #or Tofu Fajitas 6.00 oz.
 ♥Cilantro Rice 8.00 oz.
 ♥Black Beans 8.00 oz.
 ♥WK Corn 4.00 oz.
 ♥Salsa 3.00 oz.
 ♥Flour Tortilla (2) 2.00 ea
 ♥Beverage 16.00 oz.

DINNER

♥Chicken Fried Rice 11.20 oz.
 #or Tofu Fried Rice 12.00 oz.
 ♥Green Peas 4.00 oz.
 ♥Whole Wheat Bread 1.00 Slices
 ♥Beverage 16.00 oz.

DINNER

♥Vegetable Soup 8.00 oz.
 ♥Tuna Salad 4.28 oz.
 or #Hummus 1.00 ea
 Potato Chips or 1.00 ea
 ♥Baked Potato 8.00 oz.
 ♥Lettuce Leaf 1.00 oz.
 ♥Whole Wheat Bread 2.00 Slices
 ♥Beverage 16.00 oz.

Weekly Menu

Week #: 2

<u>Sunday (10/11/20)</u>	<u>Monday (10/12/20)</u>	<u>Tuesday (10/13/20)</u>	<u>Wednesday (10/14/20)</u>	<u>Thursday (10/15/20)</u>	<u>Friday (10/16/20)</u>	<u>Saturday (10/17/20)</u>
BREAKFAST ♥Fruit 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes or 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar Substitute Pks 2.00 ea Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Pancakes 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast (2) 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups
LUNCH ♥Boiled Eggs (2) 4.00 oz. #or Peanut Butter 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. Pancakes 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Chicken Tacos 7.25 oz. #or Soy Tacos 5.50 oz. ♥Cilantro Rice 8.00 oz. ♥Black Beans 8.00 oz. ♥WK Corn 4.00 oz. ♥Taco Shells (2) 2.00 ea ♥Salsa 3.00 oz. ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Chicken Patty Sandwich 4.00 oz. #or ♥Soy Chicken Patty 4.00 oz. ♥Steamed Rice 8.00 oz. ♥Pinto Beans 8.00 oz. ♥Lettuce/Tomato 3.00 oz. Salad Dressing 9.00 g ♥WW Hamburger Bun 1.00 ea Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. #or No Flesh BF Patty 3.75 oz. French Fries or 6.40 oz. ♥Baked Potato 8.00 oz. ♥Sauteed Onions 2.00 oz. ♥Catsup & Mustard 0.63 oz. ♥WW Hamburger Bun 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Fried Chicken 8.00 oz. ♥or Baked Chicken 8.00 oz. #or PB & SF Jelly Sand (2) 10.80 oz. ♥Mashed Potatoes 5.75 oz. ♥Carrots 4.00 oz. Chicken Gravy 2.00 oz. ♥Whole Wheat Bread 1.00 Slices ♥Margarine Pat 1.00 ea Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Baked Fish 4.00 oz. #or Black Beans 8.00 oz. ♥Garlic Macaroni 6.00 oz. ♥Green Beans 4.00 oz. Cornbread or 3.15 oz. ♥Whole Wheat Bread 1.00 Slices ♥Margarine Pat 1.00 ea Tartar Sauce 1.98 oz. ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Scrambled Eggs 6.00 oz. #or Peanut Butter 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. Pancakes 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

Weekly Menu

DINNER

Swedish Meatballs 8.55 oz.
 #or ♥ No Flesh BF Patty 3.75 oz.
 ♥Egg Noodles 8.00 oz.
 ♥Green Beans 4.00 oz.
 ♥Garden Salad 3.00 oz.
 ♥Ital Dressing Low Cal 9.00 g
 ♥Whole Wheat Bread 1.00 Slices
 ♥Beverage 16.00 oz.

DINNER

♥BBQ Pork 5.25 oz.
 #or BBQ Tofu 4.00 oz.
 ♥Pinto Beans 8.00 oz.
 ♥Coleslaw 3.00 oz.
 ♥WW Hamburger Bun 1.00 ea
 ♥Beverage 16.00 oz.

DINNER

Beef & Bean Burrito or 7.00 oz.
 ♥#Bean Burrito 6.00 oz.
 ♥Cilantro Rice 8.00 oz.
 ♥WK Corn 4.00 oz.
 ♥Salsa 3.00 oz.
 ♥Beverage 16.00 oz.

DINNER

Cheese Pizza 5.00 oz.
 #or ♥Three Bean Salad 8.00 oz.
 ♥Green Beans 4.00 oz.
 ♥Garden Salad 3.00 oz.
 ♥Ital Dressing Low Cal 9.00 g
 ♥Beverage 16.00 oz.

DINNER

♥Cream of Potato Soup 12.00 oz.
 Chef Salad 13.30 oz.
 ♥#or Tofu Chef Salad 9.60 oz.
 ♥Beets (Cold) 4.00 oz.
 ♥Ital Dressing Low Cal 9.00 g
 ♥Whole Wheat Bread 2.00 Slices
 ♥Beverage 16.00 oz.

DINNER

♥Lasagna w/Meat 12.00 oz.
 #or Tofu Italian Pasta 6.00 oz.
 ♥Garden Salad 3.00 oz.
 ♥Ital Dressing Low Cal 9.00 g
 Garlic Bread or 1.49 oz.
 ♥Whole Wheat Bread 1.00 Slices
 ♥Beverage 16.00 oz.

DINNER

♥BBQ Shred Chicken 6.00 oz.
 #or Hummus Wrap 9.00 oz.
 ♥Potato Salad 8.00 oz.
 ♥Green Beans 6.00 oz.
 ♥WW Hamburger Bun 1.00 ea
 ♥Beverage 16.00 oz.

Weekly Menu

Week #: 3

<u>Sunday (10/18/20)</u>	<u>Monday (10/19/20)</u>	<u>Tuesday (10/20/20)</u>	<u>Wednesday (10/21/20)</u>	<u>Thursday (10/22/20)</u>	<u>Friday (10/23/20)</u>	<u>Saturday (10/24/20)</u>
BREAKFAST ♥Fruit 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes or 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar Substitute Pks 2.00 ea Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Pancakes 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast (2) 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups
LUNCH ♥Scrambled Eggs 4.00 oz. #or Peanut Butter 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. Cream Gravy 2.50 oz. Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Fruit 1.00 ea ♥Margarine Pat 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Vegetable Soup 8.00 oz. ♥Tuna Salad 4.28 oz. #or Three Bean Salad 8.00 oz. ♥Lettuce Leaf 1.00 oz. ♥Italian Pasta Salad 6.00 oz. ♥Whole Wheat Bread 2.00 Slices ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Chicken Patty Sandwich 4.00 oz. #or ♥Soy Chicken Patty 4.00 oz. ♥Garlic Macaroni 8.00 oz. ♥Green Peas 4.00 oz. ♥Lettuce/Tomato 3.00 oz. Salad Dressing 9.00 g ♥WW Hamburger Bun 1.00 ea Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. #or No Flesh BF Patty 3.75 oz. Sliced Cheese 1.00 Slices Tater Tots or 6.00 oz. ♥Baked Potato 8.00 oz. ♥Sliced Onions 1.00 oz. ♥Catsup & Mustard 0.63 oz. ♥WW Hamburger Bun 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH BBQ Chicken 10.10 oz. ♥or Baked Chicken 8.00 oz. #or PB & SF Jelly Sand (2) 10.80 oz. Macaroni & Cheese or 8.30 oz. ♥Garlic Macaroni 6.00 oz. ♥Mixed Vegetables 4.00 oz. ♥Whole Wheat Bread 1.00 Slices Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Breaded Fish Sand or 4.00 oz. ♥Baked Fish 4.00 oz. #or Black Beans 8.00 oz. Rice Pilaf or 8.00 oz. ♥Steamed Rice 8.00 oz. ♥Green Peas 4.00 oz. ♥Coleslaw 3.00 oz. ♥WW Hamburger Bun 1.00 ea Tartar Sauce 1.98 oz. ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Scrambled Eggs 4.00 oz. #or PB w/WW Bread 6.00 oz. ♥Baked Tater Tots 6.00 oz. ♥Flour Tortilla (1) 1.00 ea Shredded Cheese 2.00 oz. ♥Salsa 3.00 oz. ♥Fruit 1.00 ea ♥Beverage 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

Weekly Menu

DINNER

♥Chicken Fried Rice
11.20 oz.
#or Tofu Fried Rice 12.00
oz.
♥Black Beans 8.00 oz.
♥Carrots 4.00 oz.
♥Whole Wheat Bread
1.00 Slices
♥Beverage 16.00 oz.

DINNER

♥Chili 9.50 oz.
#or Three Bean Salad
10.00 oz.
♥Steamed Rice 8.00 oz.
♥WK Corn 4.00 oz.
Cornbread or 3.15 oz.
♥Whole Wheat Bread
1.00 Slices
♥Margarine Pat 1.00 ea
♥Beverage 16.00 oz.

DINNER

♥Pepper Steak 8.80 oz.
#or Lentils 8.00 oz.
♥Steamed Rice 8.00 oz.
♥Green Beans 4.00 oz.
♥Whole Wheat Bread
1.00 Slices
♥Beverage 16.00 oz.

DINNER

♥Black Bean Soup 12.00
oz.
♥Beef Taco Salad 10.00
oz.
#or Soy Taco Salad 9.50
oz.
Shredded Cheese 2.00
oz.
♥Salsa 3.00 oz.
♥Beverage 16.00 oz.

DINNER

♥Chicken Lo Mein 10.00
oz.
#or Soy Chicken Patty
4.00 oz.
♥Spaghetti Pasta 8.00
oz.
♥Carrots 6.00 oz.
♥Whole Wheat Bread
1.00 Slices
♥Beverage 16.00 oz.

DINNER

♥Chicken Fajitas 5.45
oz.
#or Tofu Fajitas 6.00 oz.
♥Cilantro Rice 8.00 oz.
♥Black Beans 8.00 oz.
♥WK Corn 4.00 oz.
♥Salsa 3.00 oz.
♥Flour Tortilla (2) 2.00 ea
♥Beverage 16.00 oz.

DINNER

♥Roast Beef 4.00 oz.
#or Lentils 8.00 oz.
♥Mashed Potatoes 5.75
oz.
♥Mixed Vegetables 4.00
oz.
Brown Gravy 2.30 oz.
♥Whole Wheat Bread
2.00 Slices
♥Margarine Pat 1.00 ea
♥Beverage 16.00 oz.

Weekly Menu

Week #: 4

<u>Sunday (10/25/20)</u>	<u>Monday (10/26/20)</u>	<u>Tuesday (10/27/20)</u>	<u>Wednesday (10/28/20)</u>	<u>Thursday (10/29/20)</u>	<u>Friday (10/30/20)</u>	<u>Saturday (10/31/20)</u>
BREAKFAST ♥Fruit 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes or 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar Substitute Pks 2.00 ea Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Pancakes 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast (2) 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups
LUNCH ♥Scrambled Eggs 4.00 oz. #or Peanut Butter 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. French Toast (2) 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Cheese Pizza 5.00 oz. #or ♥Three Bean Salad 8.00 oz. ♥Green Beans 6.00 oz. ♥Garden Salad 3.00 oz. ♥Ital Dressing Low Cal 9.00 g ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Chicken Parmesan 6.95 oz. #or ♥Soy Chicken Patty 4.00 oz. ♥Spag w/ Marinara 5.00 oz. ♥Spinach 4.00 oz. Garlic Bread or 1.49 oz. ♥Whole Wheat Bread 1.00 Slices Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. #or No Flesh BF Patty 3.75 oz. Sliced Cheese 1.00 Slices French Fries or 6.40 oz. ♥Baked Potato 8.00 oz. ♥Sauteed Onions 2.00 oz. ♥Catsup & Mustard 0.63 oz. ♥WW Hamburger Bun 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Fried Chicken 8.00 oz. ♥or Baked Chicken 8.00 oz. #or PB & SF Jelly Sand (2) 10.80 oz. ♥Baked Sweet Potato 8.00 oz. ♥Green Beans 4.00 oz. ♥Garden Salad 3.00 oz. ♥Ital Dressing Low Cal 9.00 g ♥Whole Wheat Bread 1.00 Slices ♥Margarine Pat 1.00 ea Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Vegetable Soup 8.00 oz. ♥Tuna Salad 4.28 oz. #or Hummus 3.00 oz. Potato Chips 1.00 ea ♥or Baked Potato 8.00 oz. ♥Lettuce Leaf 1.00 oz. ♥WW Hamburger Bun 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Scrambled Eggs 4.00 oz. #or PB w/WW Bread 6.00 oz. ♥Baked Tater Tots 6.00 oz. ♥Flour Tortilla (1) 1.00 ea Shredded Cheese 2.00 oz. ♥Salsa 3.00 oz. ♥Fruit 1.00 ea ♥Beverage 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

DINNER

♥BBQ Shred Chicken
6.00 oz.
#or Baked Beans 6.00
oz.
♥Baked Potato 8.00 oz.
♥Coleslaw 3.00 oz.
♥WW Hamburger Bun
1.00 ea
♥Margarine Pat 1.00 ea
♥Beverage 16.00 oz.

DINNER

♥Chicken Fried Rice
11.20 oz.
#or Tofu Fried Rice 12.00
oz.
♥Black Beans 8.00 oz.
♥Carrots 4.00 oz.
♥Whole Wheat Bread
1.00 Slices
♥Beverage 16.00 oz.

DINNER

♥BBQ Pork 5.25 oz.
#or BBQ Tofu 4.00 oz.
♥Steamed Rice 8.00 oz.
♥Collard Greens 4.00 oz.
♥Whole Wheat Bread
1.00 Slices
♥Beverage 16.00 oz.

DINNER

♥Pasta 8.00 oz.
♥w/ Marinara Sauce 8.00
oz.
♥Meatballs 4.00 oz.
#or Soy Spag Sauce
8.00 oz.
♥Spinach 4.00 oz.
♥Garden Salad 3.00 oz.
♥Ital Dressing Low Cal
9.00 g
Garlic Bread or 1.49 oz.
♥Whole Wheat Bread
1.00 Slices
♥Beverage 16.00 oz.

DINNER

Hot Dogs (2) 3.20 oz.
#or ♥Kidney Beans 8.00
oz.
Tater Tots or 6.00 oz.
♥Baked Potato 8.00 oz.
♥Coleslaw 3.00 oz.
♥Catsup & Mustard 0.63
oz.
♥WW Hot Dog Buns (2)
4.00 oz.
♥Beverage 16.00 oz.

DINNER

Chkn Cheese Steak 6.62
oz.
#or ♥Three Bean Salad
4.00 oz.
♥Italian Pasta Salad 6.00
oz.
♥Carrots 4.00 oz.
♥WW Hot Dog Bun 1.00
ea
♥Beverage 16.00 oz.

DINNER

♥Chili 9.50 oz.
#or Three Bean Chili
10.00 oz.
♥Steamed Rice 0.00
♥WK Corn 4.00 oz.
Cornbread or 3.15 oz.
♥Whole Wheat Bread
1.00 Slices
♥Margarine Pat 1.00 ea
♥Beverage 16.00 oz.

Weekly Menu

Week #: 5

<u>Sunday (11/01/20)</u>	<u>Monday (11/02/20)</u>	<u>Tuesday (11/03/20)</u>	<u>Wednesday (11/04/20)</u>	<u>Thursday (11/05/20)</u>	<u>Friday (11/06/20)</u>	<u>Saturday (11/07/20)</u>
BREAKFAST ♥Fruit 1.00 ea ♥Hot Grits 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Cream Gravy 2.50 oz. Oven Brown Potatoes or 6.00 oz. ♥Boiled Potatoes 4.50 oz. ♥Sugar Substitute Pks 2.00 ea Biscuits (2) or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. Pancakes 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Bran Flakes 2.00 oz. Crumb Cake or 2.50 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. French Toast (2) 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Skim Milk 2.00 Cups	BREAKFAST ♥Fruit 1.00 ea ♥Hot Oatmeal 7.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Sugar Substitute Pks 2.00 ea ♥Margarine Pat 1.00 ea ♥Coffee 8.00 oz. ♥Skim Milk 2.00 Cups
LUNCH ♥Boiled Eggs (2) 4.00 oz. #or Peanut Butter 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. French Toast (2) 4.00 oz. W/Syrup or 2.00 oz. ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea ♥Margarine Pat 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Chili Cheese Fries 14.00 oz. #or ♥Three Bean Chili 14.00 oz. ♥#W/Baked Potato 8.00 oz. ♥Carrots 4.00 oz. ♥Whole Wheat Bread 1.00 Slices ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Chicken Patty Sandwich 4.00 oz. #or ♥Soy Chicken Patty 4.00 oz. ♥Steamed Rice 8.00 oz. ♥Pinto Beans 8.00 oz. ♥Lettuce/Tomato 3.00 oz. Salad Dressing 9.00 g ♥WW Hamburger Bun 1.00 ea Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Hamburger 3.20 oz. #or No Flesh BF Patty 3.75 oz. French Fries or 6.40 oz. ♥Baked Potato 8.00 oz. ♥Sliced Onions 1.00 oz. ♥Catsup & Mustard 0.63 oz. ♥WW Hamburger Bun 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Baked Chicken 8.00 oz. #or Black Beans 8.00 oz. ♥Baked Sweet Potato 8.00 oz. ♥Mixed Vegetables 6.00 oz. ♥Whole Wheat Bread 1.00 Slices ♥Margarine Pat 1.00 ea Dessert or 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH Breaded Fish Sand or 4.00 oz. ♥Baked Fish 4.00 oz. #or Baked Beans 6.00 oz. ♥Garlic Macaroni 6.00 oz. ♥Collard Greens 4.00 oz. ♥Coleslaw 3.00 oz. ♥WW Hamburger Bun 1.00 ea Tartar Sauce 1.98 oz. ♥Fruit 1.00 ea ♥Beverage 16.00 oz.	LUNCH ♥Scrambled Eggs 4.00 oz. #or Peanut Butter 4.00 oz. ♥Oven Brown Potatoes 6.00 oz. Pancakes 4.00 oz. W/Syrup or 9.00 g ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 1.00 ea ♥Margarine Pat 1.00 ea ♥Fruit 1.00 ea ♥Beverage 16.00 oz.

#Indicates No Flesh Entree Item

♥Indicates Heart Healthy

Weekly Menu

DINNER

♥Beef Tacos 6.50 oz.
 #or Soy Tacos 5.50 oz.
 ♥Cilantro Rice 8.00 oz.
 ♥Black Beans 8.00 oz.
 ♥WK Corn 4.00 oz.
 Shredded Cheese 2.00 oz.
 ♥Salsa 3.00 oz.
 ♥Taco Shells (2) 2.00 ea
 ♥Beverage 16.00 oz.

DINNER

♥Chicken Fried Rice 11.20 oz.
 #or Tofu Fried Rice 12.00 oz.
 ♥Black Beans 8.00 oz.
 ♥Green Beans 4.00 oz.
 ♥Whole Wheat Bread 1.00 Slices
 ♥Beverage 16.00 oz.

DINNER

Pork Italian Sausage 4.00 oz.
 ♥# or Lentils 8.00 oz.
 ♥Oven Brown Potatoes 6.00 oz.
 ♥Diced Onions & Peprs 2.00 oz.
 ♥Mixed Vegetables 4.00 oz.
 ♥WW Hot Dog Bun 1.00 ea
 ♥Beverage 16.00 oz.

DINNER

♥Old Fashn Bean Soup 12.00 oz.
 Chef Salad 13.30 oz.
 ♥#or Tofu Chef Salad 9.60 oz.
 ♥Beets (Cold) 4.00 oz.
 ♥Ital Dressing Low Cal 9.00 g
 ♥Whole Wheat Bread 2.00 Slices
 ♥Beverage 16.00 oz.

DINNER

Steak & Cheese Sub 7.60 oz.
 #or ♥Kidney Beans 8.00 oz.
 Potato Chips or 1.00 ea
 ♥Baked Potato 8.00 oz.
 ♥Green Beans 4.00 oz.
 ♥WW Hot Dog Bun 1.00 ea
 ♥Beverage 16.00 oz.

DINNER

♥Chicken Lo Mein 10.00 oz.
 #or Soy Chicken Patty 4.00 oz.
 ♥Spaghetti Pasta 8.00 oz.
 ♥Carrots 6.00 oz.
 ♥Whole Wheat Bread 1.00 Slices
 ♥Beverage 16.00 oz.

DINNER

♥Chicken Ala King 8.00 oz.
 #or Three Bean Salad 8.00 oz.
 ♥Egg Noodles 8.00 oz.
 ♥Green Peas 4.00 oz.
 ♥Whole Wheat Bread 2.00 Slices
 ♥Beverage 16.00 oz.