

SAMPLE MEALS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Tangy BBQ chicken served on a sandwich bun with a side of coleslaw and baked beans. Fresh melon for dessert.	3 Potato-crust fish topped with tartar sauce. Side of whole grain brown rice and California blend vegetables. Mandarin orange slices for dessert.	4 Ham served in a raisin glaze with mashed potatoes and peas. Sliced peaches for dessert.	5 Baked ziti with parmesan cheese. Side of cauliflower and spinach. Slice of coffee cake for dessert.	6	7
8	9 Baked fish in a lemon dill sauce with confetti brown rice, diced carrots and a cup of applesauce.	10 Unstuffed pepper casserole with rice, served with Italian blended vegetables. Fresh fruit for dessert.	11 Hot open-faced turkey sandwich with gravy. Sweet potato fries and fresh zucchini on the side. Applesauce for dessert.	12 Sliced pork with gravy and mashed potatoes. Side of red cabbage. Diced pineapple for dessert.	13	14
15	16 Meatball grinder with parmesan cheese in a red sauce. Broccoli and green beans on the side. Fresh cup of sliced peaches for dessert.	17 Grilled chicken breast served with mashed potatoes and broccoli. Fresh melon for dessert.	18 Crunchy fish sticks with tartar sauce, served with macaroni and cheese, peas and carrots. Applesauce on the side. Sliced carrot cake for dessert.	19 Roasted chicken served with rice pilaf and glazed carrots. Fresh fruit for dessert.	20	21
22	23 Tortilla-encrusted fish with tartar sauce served over Spanish rice with a side of green beans. Tropical fruit for dessert.	24 Spinach quiche served with beets, broccoli, dinner roll and applesauce. Refreshing lemon cookie for dessert.	25 Veal parmesan over penne pasta in a red sauce. Italian blend vegetables. Fresh fruit for dessert.	26 Grilled BBQ chicken with rice pilaf and blended bean salad. Fresh melon for dessert.	27	28
29	30 Cheese manicotti in a marinara sauce with parmesan cheese. Wax beans and broccoli on the side and fresh fruit for dessert.	31 Chicken Piccata over bowtie pasta with zucchini and yellow squash. Sliced peaches for dessert.				