<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon Garlic Penne Pasta</td>
<td>Fiesta Corn Rice</td>
<td>Vegetable Fried Rice</td>
</tr>
<tr>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
</tr>
<tr>
<td>Curry Garbanzo &amp; Rice</td>
<td>Black Bean Ragout with Plantains</td>
<td>Spicy Tofu &amp; Cabbage Stir-fry</td>
</tr>
<tr>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
</tr>
<tr>
<td>Shrimp Alfredo</td>
<td>Cheddar Beef Wrap</td>
<td>Teriyaki Cod Loin</td>
</tr>
<tr>
<td>Caesar Salad</td>
<td>Caesar Salad</td>
<td>Caesar Salad</td>
</tr>
<tr>
<td>Garden Salad &amp; Fruit Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orzo Vegetable Medley</td>
<td>Herb Roasted Potatoes</td>
<td>Wild Rice Pilaf</td>
<td>Smoked Salmon Pasta</td>
</tr>
<tr>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Fresh Vegetables</td>
<td>Haricots Verts</td>
</tr>
<tr>
<td>Curried Lentils with Kale</td>
<td>Cheese Tortellini Pesto</td>
<td>Fresh Vegetables</td>
<td>Vegetable Frittata</td>
</tr>
<tr>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Navy Beans with Carrots &amp; Kale</td>
<td>Grilled Chicken</td>
</tr>
<tr>
<td>Chicken Potstickers with Plum Sauce</td>
<td>Tilapia with Roasted Corn Salsa</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
</tr>
<tr>
<td>Caesar Salad</td>
<td>Caesar Salad</td>
<td>Swedish Style Turkey Meatballs</td>
<td>Caesar Salad</td>
</tr>
<tr>
<td>Garden Salad &amp; Fruit Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
<td>Caesar Salad</td>
<td>Garden Salad &amp; Fruit Salad</td>
</tr>
</tbody>
</table>

Key:
- = Vegan
- = Contains Gluten
- = Contains Soy
- = Contains Milk
- = Contains Eggs
- = Contains Fish
- = Contains Shellfish
- = Contains Treenuts
- = Contains Peanuts
<table>
<thead>
<tr>
<th>Day</th>
<th>Dinner Menu</th>
</tr>
</thead>
</table>
| Monday    | Scalloped Potatoes  
Fried Vegetables  
Couscous Pilaf with Roasted Vegetables  
Grilled Chicken  
Breaded Fish with Tartar Sauce  
Caesar Salad  
Garden Salad & Fruit Salad |
| Tuesday   | Sesame-soy Ginger Noodle Bowl  
Fresh Vegetables  
Coconut Thai Chili Sweet Potatoes  
Grilled Chicken  
Pork Tenderloin with Mango Salsa  
Caesar Salad  
Garden Salad & Fruit Salad |
| Wednesday | Macaroni & Cheese  
Fresh Vegetables  
Barbecue Baked Beans  
Grilled Chicken  
Barbecue Chopped Beef  
Caesar Salad  
Garden Salad & Fruit Salad |
| Thursday  | Steamed White Rice  
Fresh Vegetables  
Red Bean, Corn & Potato Ragout  
Grilled Chicken  
Shrimp & Sausage Creole  
Caesar Salad  
Garden Salad & Fruit Salad |
| Friday    | Red Quinoa Vegetable Pilaf  
Fresh Vegetables  
Baked Pasta with Mozzarella  
Grilled Chicken  
Flounder with Mandarin Orange Salad  
Caesar Salad  
Garden Salad & Fruit Salad |
| Saturday  | Rice & Bean with Tofu  
Fresh Vegetables  
Green Bean Ragout  
Grilled Chicken  
Southwest Beef Lasagna  
Caesar Salad  
Garden Salad & Fruit Salad |
| Sunday    | Roasted Garlic Yukon Potatoes  
Fresh Vegetables  
Ricotta Cheese Manicotti with Marinara  
Grilled Chicken  
Smoked Sausage with Peppers & Onions  
Caesar Salad  
Garden Salad & Fruit Salad |

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