

	Week 1	Week 2	Week 3	Week 4
Wednesday (fresh)	Salmon fillet, potato, green beans Quiche, potato, carrots	Macaroni & cheese, mixed vegetables Nicoise salad plate, tuna, potato salad, garden salad	Breaded Pollock, roast potato, green beans Cheese blintzes, strawberries, sour cream	Lasagna, wax beans Salmon salad plate, potato salad, garden salad
Friday (fresh)	Chicken soup & matzah balls Roast turkey, potato, broccoli Stuffed green peppers, potato, Italian mixed vegetables	Chicken soup & noodles Roast brisket, roast potato, squash Chicken & orange sauce, roast potato, turnip	Chicken soup & matzah balls Chicken & mushroom sauce, mashed potato, mixed vegetables Sweet and sour meatballs, mashed potato, broccoli	Chicken soup & noodles Roast beef, roast potato, squash Chicken & pineapple sauce, roast potato, wax beans
Frozen Soups			Frozen Meals	
Mushroom Barley Corn Chowder Italian Lentil Pea Hearty Bean	Vegetable Mushroom Butternut Squash		Chicken Marinara Beef stew Salmon fillet	