

	Week 1	Week 2	Week 3	Week 4
Wednesday (fresh)	Middle Eastern Pollack, couscous, and green beans or Onion Quiche, mashed potatoes and carrots	Mac and cheese and mixed vegetables or Nicoise salad plate (tuna, potato salad and garden salad)	Baked Sole, mashed potatoes and green beans or Cheese blintzes, sour cream and strawberries	Lasagna, and wax beans or Salmon salad plate (salmon, potato salad and green salad)
Friday (fresh)	Dijon Pineapple Chicken, rice, and broccoli or Stuffed Green Peppers, rice, Italian vegetables and Matzah Ball soup	Chicken in a Garlic Basil Sauce, mashed potatoes and peas or Salisbury Steak gravy, mashed potatoes and glazed squash and Chicken Noodle soup	Chicken in mushroom sauce, rice and mixed vegetable or Sweet and sour meatballs, rice, and wax beans and Matzah Ball soup	Chicken in a Plum Sauce, roast potatoes, and carrots or Macaroni and Meat Sauce, and wax beans Noodle soup
Frozen Soups			Frozen Meals	
Mushroom Barley	Vegetable	Chicken Marinara	Curry Apricot Chicken	
Mushroom	Butternut Squash	Beef Stew	Orange Chicken	
Italian Lentil	Pea	Salmon Fillet	Beef Pot Pie	
Hearty Bean		Cabbage Rolls	Chicken Paprikash	
		And more!		