

# 5 WEEK ROTATING MENU

**\*\* HEART HEALTHY MENU \*\***

## SAMPLE MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b> <b>(Delivered Thursday)</b>
<b>Vegetable Noodle Soup</b>	<b>Beef Barley Soup</b>	<b>Creamy Tomato Soup</b>	<b>Chicken Noodle Soup</b>	<b>Fish Chowder</b>
Topsy Turvey Beef Pasta w/ Tomato Sauce Garden Salad Dessert: Lemon Loaf	Chicken Teriyaki Rice Bowl California Vegetables Dessert: Apple Slices	Veggie Bean Chili & Pita Wedges Sweet Corn Niblets Dessert: Lime Jello	Spaghetti w/ Meat Tomato Sauce Garden Salad Dessert: Apple Crisp	Baked Haddock w/ Lemon Butter Rice & Steamed Vegetables Dessert: Chocolate Pudding
Sweet & Sour Chicken Rice Bowl California Vegetable Mix Dessert: Vanilla Cake	Chickpea Curry & Whole Grain Rice PEI Vegetable Medley Dessert: Orange Slices	Omelet Home Fries & Green Peas Dessert: Oatmeal Cookie	Lemon Thyme Chicken Breast Whole Grain Rice & Green Peas Dessert: Fruit Yogurt Cup	Sautéed Chicken & Tomato Spaghetti Carrots Dessert: Butterscotch Pudding
Lemon Thyme Chicken Breast Whole Grain Rice & Green Peas Dessert: Cranberry Loaf	Sautéed Chicken & Tomato Spaghetti Carrots Dessert: Whole Banana	Sweet & Sour Chicken Rice Bowl California Vegetable Mix Dessert: Strawberry Jello	Veggie Bean Chili & Pita Wedges Sweet Corn Nublets Dessert: Peach Wildberry Crisp	Omelet Home Fries & Green Peas Dessert: Tapioca Pudding
Chickpea Curry & Whole Grain Rice PEI Vegetable Medley Dessert: Brownie	Spaghetti w/ Meat Tomato Sauce Garden Salad Dessert: Peach Slices	Veggie Bean Chili & Pita Wedges Sweet Corn Niblets Dessert: Apple Turnover	Chicken Teriyaki Rice Bowl California Vegetables Dessert: Yogurt Parfait	Baked Haddock w/ Lemon Butter Rice & Steamed Vegetables Dessert: Vanilla Pudding
Chicken Teriyaki Rice Bowl California Vegetables Dessert: Banana Loaf	Omelet Home Fries & Green Peas Dessert: Fruit Salad	Lemon Thyme Chicken Breast Whole Grain Rice & Green Peas Dessert: Grape Jello	Topsy Turvy Beef Pasta w/ Tomato Sauce Garden Salad Dessert: Peach Blueberry Crisp	Sautéed Chicken & Tomato Spaghetti Carrots Dessert: Lemon Pudding