

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Years Meal Lunch Pork Tenderloin - \$ Corned Beef - \$ Marinated Tomatoes w/ Penne & Basil Pasta - \$ Dinner Beef Stir Fry - \$2.00 Baked Stuffed Fish - \$2.05 Chicken Bulgogi - \$2.20	2 Lunch Turkey Lentil Chili - \$0.65 Shrimp Jambalaya - \$3.50 Southern Fried chicken - \$2.25 Dinner Baked Dijon Pork Chop - \$2.45 Chili Mac \$1.35 Lemon Pepper Catfish - \$3.65	3 Lunch Roast Beef - \$3.45 Chicken Cordon Bleu - \$3.40 Pasta Primavera \$1.05 Dinner Turkey Nuggets - \$2.60 Beef and Corn Pie - \$2.35 Bourbon Chicken - \$3.35	4 Lunch Chicken Kabob - \$3.00 Pepper Steak - \$3.05 Cheese Manicotti – \$1.65 Dinner Sweet & Spicy Orange Chicken - \$5.30 Cheese Tortellini w/ Marinara - \$1.35 Steak Ranchero - \$3.65
5 Lunch Beef Brogul - \$3.00 Pork Schnitzel - \$2.65 Fish Onion-Lemon Baked - \$6.65 Dinner Almond Crusted Cod - \$6.30 Hamburger Yakisoba - \$2.35 Cranberry Glazed Chicken - \$3.05	6 Lunch Spinach Meatloaf- \$1.65 Marinated Tomatoes W/Penne-Basil-\$1.00 BBQ Pineapple Meatballs- \$1.85 Dinner Turkey Florentine- \$1.80 Enchiladas Chicken- \$2.45 BBQ Beef Cubes- \$3.35	7 Lunch Swiss Steak w/Brown Gravy - \$2.75 Stuffed Green Peppers w/ Turkey and Lentils - \$1.25 Tuna Noodles – \$1.10 Dinner Lasagna - \$1.65 Chicken Cacciatore - \$2.25 Italian Broccoli Pasta - \$1.70	8 Lunch Grilled Honey Sriracha Chicken - \$2.50 Chili Mac - \$1.00 Shrimp Chop Suey - \$3.50 Dinner Jamaican Chicken - \$2.00 Braised Spareribs - \$2.75 Sweet & Spicy Orange Salmon - \$4.00	9 Lunch Turkey Ala King - \$1.15 Country Style Fried Steak - \$2.00 Baja Baked Cod - \$4.00 Dinner Swedish Meatballs - \$2.00 Polynesian Fillet - \$2.15 Steak Smothered in Onions - \$2.75	10 Lunch Oriental Pepper Steak - \$2.30 Chicken Parmesan - \$2.55 Baked Fish w/Lemon Garlic Butter - \$2.00 Dinner Pork Roast Tenderloin - \$1.25 Savory Baked Chicken - \$1.80 Cajun Baked Fish - \$2.30	11 Lunch Basil Baked Fish – \$2.00 Turkey Breast fillet - \$1.80 Pasta Provençal - \$0.80 Dinner Baja Fish Taco - \$5.00 Baked Mex Chicken \$2.00 Beef Stir Fry - \$2.00
12 Lunch Spicy catfish Poboy - \$3.00 Grilled Pork Chops - \$1.50 Cajun Meatloaf - \$1.95 Dinner Fish Onion-Lemon Baked - \$5.00 Simmered Beef - \$2.50 Cajun Chicken - \$2.45	13 Lunch Baked Dijon Pork Chop - \$1.85 Spinach Lasagna - \$1.30 Baked Florentine Turkey Roulade - \$1.35 Dinner Baked Salmon - \$4.60 Pineapple BBQ Meatballs - \$1.40 Honey Mustard Chicken Breast - \$2.35	14 Lunch Roast Turkey - \$1.90 Cheese Tortellini w/ Marinara - \$1.00 Stuffed Green Peppers \$1.65 Dinner Turkey & Spinach Meatloaf - \$1.25 Crispy Oven Baked Chicken - \$2.25 Parmesan Fish - \$2.50	15 Martin Luther King Jr Day Lunch Baked Chicken - \$2.00 Southwestern Shrimp Linguine \$3.50 Beef Bulgogi - \$2.00 Dinner Honey Ginger Chicken - \$2.25 Salisbury Steak- \$1.65 Cheese Manicotti \$1.65	16 Lunch Creole Fish Fillets - \$2.10 Stir Fry Chicken w/ Broccoli - \$3.15 Teriyaki Steak - \$7.25 Dinner Chicken Ala King - \$2.00 Baked Fish - \$2.00 Pasta Primavera - \$0.80	17 Lunch Southwestern Sweet Potatoes Blk Beans & Corn - \$0.80 Simmered Beef - \$2.50 Almond Crusted Cod - \$4.75 Dinner Spaghetti w/ Turkey Meat sauce - \$0.85 Baked Fish w/ Lemon Garlic Butter - \$2.00 Stir Fried Garden Veg w/ Tofu & Brown Rice - \$1.00	18 Lunch Chili Mac - \$1.00 Basil Baked Fish - \$2.00 Teriyaki Chicken - \$2.00 Dinner Pork Roast Tenderloin - \$1.25 Baja Baked Cod - \$4.00 Pasta Provençal - \$0.80
19 Lunch Shrimp Kabob - \$2.00 Ginger BBQ Chicken - \$2.50 Lemon Basil Pasta - \$1.00 Dinner Marinated Tomatoes w/ Penne - \$0.75 Southern Fried Catfish - \$2.75 Sweet Chili BBQ Meatballs - \$1.40	20 Lunch Honey Mustard Chicken Breast - \$2.35 Ziti w/ Meat sauce - \$1.30 Baked Fish - \$2.00 Dinner Hot & Spicy chicken - \$2.25 Pasta Toscano \$1.45 Cantonese Spareribs - \$2.75	21 Lunch Polish Sausage - \$1.15 Baked Salmon - \$4.60 Hamburger Yakisoba - \$1.75 Dinner Roast Beef - \$2.60 Shrimp Scampi - \$4.75 German chicken schnitzel - \$2.50	22 MONGOLIAN BBQ Lunch Mongolian BBQ - \$4.00 Santa Fe Glazed Chicken - \$2.75 Baked Dijon Pork Chops - \$1.85 Beef Ball Stroganoff - \$1.45 Dinner Salmon w/ Maple Ginger Glaze - \$5.10 Stuffed Green Peppers w/ Turkey & Lentil - \$1.25 Pasta Primavera - \$0.80	23 Lunch Cheese Tortellini w/ Marinara - \$1.00 French Fried Shrimp - \$4.50 Bourbon Chicken - \$2.50 Dinner Beef Pot Pie - \$2.25 Lemon Baked Fish - \$5.50 Herbed Baked Chicken - \$2.25	24 Lunch Caribbean Catfish - \$3.00 Jerk Roast Turkey - \$1.85 Stuffed Green Peppers - \$1.65 Dinner Southwestern Sweet Potatoes Blk Beans & Corn - \$0.80 Beef Stew - \$2.25 Chicken Breast Dijon - \$2.50	25 Lunch Baked Fish - \$2.00 Meat Loaf - \$1.65 Baked Chicken - \$2.00 Dinner BBQ Beef Cubes - \$2.50 Southwestern Fish - \$1.90 Grilled Pork Chops - \$1.50
26 Lunch Lemon Basil Shrimp Pasta - \$3.50 Mambo Pork Roast - \$1.65 Grilled Chicken w/ Mustard Sauce - \$2.50 Dinner Grilled Steak - \$7.00 Roast Turkey - \$1.90 Mediterranean Salmon - \$4.85	27 Lunch Honey Ginger Chicken - \$2.25 Grilled Salmon w/ Citrus Butter - \$4.85 BBQ Brisket - \$1.75 Dinner Crispy Oven Baked Chicken - \$2.25 Roast Beef - \$2.60 Parmesan Crusted Cod - \$4.75	28 Lunch Chicken Florentine - \$2.50 Italian Broccoli Pasta - \$1.70 Stuffed Baked Pork Chops - \$1.95 Dinner Greek Lemon Turkey Pasta - \$1.50 Savory Baked Chicken - \$1.80 Oven Fried Fish – \$1.95	29 Lunch French Fried Shrimp - \$4.50 Hot and Spicy Chicken - \$2.25 Ziti w/ Meat sauce - \$1.30 Dinner Beef Stir Fry - \$2.00 Baked Stuffed Fish - \$2.05 Chicken Bulgogi - \$2.20	30 Lunch Turkey Lentil Chili - \$0.50 Shrimp Jambalaya - \$2.65 Southern Fried chicken - \$1.70 Dinner Baked Dijon Pork Chop - \$1.85 Chili Mac \$1.00 Lemon Pepper Catfish - \$2.75	31 Lunch Roast Beef - \$2.60 Chicken Cordon Bleu - \$2.55 Pasta Primavera \$0.80 Dinner Turkey Nuggets - \$1.95 Beef and Corn Pie - \$1.75 Bourbon Chicken - \$2.50	

