

## MENU PLAN: Diabetic (Low Sugar)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu Week #1</b>	<i>Cream of Cauliflower</i> <b>Beef Stew</b> <b>Roast Potato</b> <b>Vegetables</b> <i>Diet Lemon Mousse</i>	<i>Vegetable Soup</i> <b>Chicken Supreme</b> <b>Pasta Prima Vera</b> <b>Vegetables</b> <i>Diet Butterscotch Pudding</i>	Roasted Eggplant Vegetable Soup <b>Salmon Roll</b> <b>Pasta</b> <b>Grilled Tomato</b> <i>Diet Fruit Salad</i>	<i>Chicken Noodle</i> <b>Hungarian Chicken</b> <b>Vegetables</b> <i>Diet Fruit Muffin</i>	<i>Tomato Rice</i> <b>Teriyaki Meat Balls</b> <b>Mashed Potato</b> <b>Vegetables</b> <i>Diet Cooked Fruit</i>
<b>Menu Week #2</b>	<i>Vegetable Barley Soup</i> <b>Curried Chicken</b> <b>Turmeric Rice</b> <b>Vegetables</b> <i>Diet Jell-O</i>	<i>Mushroom Soup</i> <b>Beef Stroganoff</b> <b>Egg Noodles</b> <b>Green Beans</b> <i>Diet Fruit Cocktail</i>	<i>Chicken Vegetable Soup</i> <b>Poached Fish</b> <b>Basmati Rice with</b> <b>Mushrooms</b> <b>Mixed Vegetables</b> <i>Diet Yogurt and Fruit</i>	<i>Mulligatawny</i> <b>Roast Turkey</b> <b>Mashed Potatoes,</b> <b>Stuffing, Gravy</b> <b>Vegetables</b> <i>Diet Cookie</i>	<i>Split Pea</i> <b>BBQ Meatloaf</b> <b>Pasta and Vegetable</b> <i>Diet Fruit Crisp</i>
<b>Menu Week #3</b>	<i>Carrot Soup</i> <b>Sweet &amp; Sour</b> <b>Chicken</b> <b>Mixed Rice &amp; Peas</b> <i>Diet Muesli with Yogurt</i>	<i>Roasted Red Pepper Soup</i> <b>Lamb Souvlaki</b> <b>Eggplant Parmesan</b> <b>Roast Potatoes</b> <i>Diet Poached Pears</i>	<i>Seafood Chowder</i> <b>Shepherd's Pie</b> <b>Grilled Tomato</b> <i>Diet Vanilla Custard</i>	<i>Cream of Broccoli</i> <b>Chicken Chow Mien</b> <b>Vegetables</b> <i>Diet Jell-O and Fruit</i>	<i>Corn Chowder</i> <b>Chilli Con Carne</b> <b>Parsley Potato</b> <b>Vegetables</b> <i>Diet Lemon Cake</i>
<b>Menu Week #4</b>	<i>Cream of Vegetable</i> <b>BBQ Meat Balls</b> <b>Parsley Potato</b> <b>Vegetables</b> <i>Diet Jell-O and Fruit</i>	<i>Roasted Tomato Soup</i> <b>Greek Chicken</b> <b>Lemon Potatoes</b> <b>Roasted Vegetables</b> <i>Diet Fruit Cocktail</i>	<i>Boston Clam Chowder</i> <b>Catch of the Day</b> <b>Fried Potatoes</b> <i>Diet WhiteCake</i>	<i>Navy Bean Soup</i> <b>Roast Turkey Dinner</b> <b>Stuffing, Mashed</b> <b>Potatoes, Gravy,</b> <b>Vegetables</b> <i>Diet Fruit Yogurt</i>	<i>Minestrone</i> <b>Lasagne</b> <b>Vegetables</b> <i>Diet Cookie</i>
<b>Weekly Sandwich</b>	Turkey & Fruit	Vegetarian & Fruit	Tuna Salad & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit