

MENU PLAN: Vegetarian, Poultry and Fish

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Week #1	<i>Cream of Cauliflower</i> Vegetable Stew Roast Potato Vegetables <i>Lemon Square</i>	<i>Vegetable Soup</i> Chicken Supreme Pasta Prima Vera Vegetables <i>Butterscotch Pudding</i>	<i>Roasted Eggplant</i> <i>Veg. Soup</i> Salmon Roll Pasta Grilled Tomato <i>Fruit Salad</i>	<i>Chicken Noodle</i> Hungarian Chicken Noodles Vegetables <i>Fruit Muffin</i>	<i>Tomato Rice</i> Lentil and Bean Tower Grilled Tomato <i>Chocolate Chip Cookie</i>
Menu Week #2	<i>Vegetable Barley Soup</i> Curried Chicken Turmeric Rice Vegetables <i>Chocolate Pudding</i>	<i>Mushroom Soup</i> Vegetable Sweet & Sour Stew Roast potatoes Mixed Vegetables <i>Fruit Cocktail</i>	<i>Chicken Vegetable Soup</i> Poached Fish Basmati Rice with Mushrooms Mixed Vegetables <i>Peanut Butter Cookie</i>	<i>Mulligatawny</i> Roast Turkey Mashed Potatoes, Stuffing, Gravy Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> BBQ Vegetable Loaf Pasta and Vegetable <i>Fruit Crisp</i>
Menu Week #3	<i>Carrot Soup</i> Sweet & Sour Chicken Mixed Rice & Peas <i>Muesli With Yogurt</i>	<i>Roasted Red Pepper Soup</i> Eggplant Parmesan Roast Potatoes <i>Poached Pears</i>	<i>Seafood Chowder</i> Seafood Casserole Mashed Potato Vegetables <i>Vanilla Custard</i>	<i>Cream of Broccoli</i> Chicken Chow Mien Vegetables <i>Cheesecake</i>	<i>Corn Chowder</i> Vegetable Con Carne Parsley Potato Vegetables <i>Lemon Cake</i>
Menu Week #4	<i>Cream of Veg.</i> Vegetable Quiche Parsley Potato Vegetables <i>Jell-O and Fruit</i>	<i>Roasted Tomato Soup</i> Greek Chicken Lemon Potatoes Roasted Vegetables <i>Fruit Tart</i>	<i>Boston Clam Chowder</i> Catch of the Day Fried Potatoes <i>Butter Tart</i>	<i>Navy Bean Soup</i> Roast Turkey Dinner Stuffing, Mashed Potatoes, Gravy, Vegetables <i>Pumpkin Cake</i>	<i>Minestrone</i> Vegetable Lasagne Vegetables <i>Diet Cookie</i>
Weekly Sandwich	Turkey & Fruit	Vegetarian & Fruit	Tuna Salad & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit