

## Western Menu Plan: Red Meat (Regular or Soft)

2019		Monday	Tuesday	Wednesday	Thursday	Friday	
W E E K 1	Jan21-Jan25 Feb18-Feb22 Mar18-Mar22 Apr15-Apr19 May13-May17 June10-June14	July8-July12 Aug5-Aug9 Sept2-Sept6 Sept30-Oct4 Oct28-Nov1 Nov25-Nov29 Dec23-Dec27	<i>Cream of Vegetable</i> <b>Chicken Teriyaki</b> <b>Mixed Rice &amp; Peas</b> <b>Vegetables</b> <i>Cookie</i>	<i>Carrot Soup</i> <b>Barbeque Meatloaf</b> <b>Pasta</b> <b>Vegetables</b> <i>Macaroon Bite</i>	<i>Cream of Tomato</i> <b>Perogies and</b> <b>Turkey Sausages</b> <b>Sauerkraut</b> <i>Fresh Orange</i>	<i>Seafood Chowder</i> <b>Battered Fish</b> <b>Rice</b> <b>Vegetables</b> <i>Brownie</i>	<i>Corn Chowder</i> <b>Boneless BBQ Ribs</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Date Square</i>
	Jan1-Jan4 Jan28-Feb1 Feb25-Mar1 Mar25-Mar29 Apr22-Apr26 May20-May24 June17-June21	July15-July19 Aug12-Aug16 Sept9-Sept13 Oct7-Oct11 Nov4-Nov8 Dec2-Dec6 Dec30-Dec31	<i>Cream of Cauliflower</i> <b>Mediterranean</b> <b>Chicken</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Banana</i>	<i>Vegetable Barley Soup</i> <b>Salisbury Steak</b> <b>Fried Potatoes</b> <b>Vegetables</b> <i>Oatmeal Raisin Cookie</i>	<i>Chicken Vegetable</i> <i>Soup</i> <b>Butter Chicken</b> <b>Fried Rice</b> <b>Vegetables</b> <i>Cheesecake</i>	<i>Roasted Tomato Soup</i> <b>Poached Fish</b> <b>Basmati Rice with</b> <b>Mushrooms</b> <b>Vegetables</b> <i>Cinnamon Crunchie</i>	<i>Vegetable Soup</i> <b>Spaghetti and</b> <b>Meat Balls</b> <b>Vegetables</b> <i>Apple Crumble</i>
	Jan7-Jan11 Feb4-Feb8 Mar4-Mar8 Apr1-Apr5 Apr29-May3 May27-May31 June24-June28	July22-July26 Aug19-Aug23 Sept16-Sept20 Oct14-Oct18 Nov11-Nov15 Dec9-Dec13	<i>Minestrone</i> <b>Roast Chicken</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Chocolate Cake</i>	<i>Split Pea Soup</i> <b>Cabbage Rolls</b> <b>Vegetables</b> <i>Apple</i>	<i>Cream of Broccoli</i> <b>BBQ Chicken</b> <b>Mixed Rice and Peas</b> <b>Vegetables</b> <i>Muffin</i>	<i>Clam Chowder</i> <b>Salmon Patty</b> <b>Pasta</b> <b>Vegetables</b> <i>Mini Donuts</i>	<i>Cream of Potato</i> <b>Roast Pork</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Coconut Cake</i>
	Jan14-Jan18 Feb11-Feb15 Mar11-Mar15 Apr8-Apr12 May6-May10 June3-June7	July1-July5 July29-Aug2 Aug26-Aug30 Sept23-Sept27 Oct21-Oct25 Nov18-Nov22 Dec16-Dec20	<i>Mulligatawny</i> <b>Chicken Cacciatore</b> <b>Noodles</b> <b>Vegetables</b> <i>Brownie</i>	<i>Roasted Eggplant Soup</i> <b>Sweet and Sour</b> <b>Meatballs</b> <b>Rice Pilaf</b> <b>Vegetables</b> <i>Banana Loaf</i>	<i>Chicken Noodle Soup</i> <b>Roast Turkey</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Butterscotch Pudding</i>	<i>Navy Bean Soup</i> <b>Seafood Casserole</b> <b>Rice</b> <b>Vegetables</b> <i>Peach and Pear Halves</i>	<i>Mushroom Soup</i> <b>Shepherd's Pie</b> <b>Grilled Tomato</b> <b>Vegetables</b> <i>Cheesecake</i>
<b>Sandwich Pack</b>		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit	