



**MOW**  
**FALL/WINTER**

**WEEK 1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAC & CHEESE W/ BROCCOLI  FRESH FRUIT	BRAISED CHICKEN THIGHS W/ ONIONS, PEPPERS AND SWEET POTATOES CINNAMON APPLES	HAM & CHEESE SANDWICH W/ SALAD  FRUIT COCKTAIL	MEAT LOAF W/ BROCCOLI AND CHEESY POTATOES  FRESH FRUIT	BBQ PORK W/ BAKED BEANS AND PEAS  APPLE SAUCE

**WEEK 2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOLOGNESE PASTA W/ GREEN BEANS  APPLE SAUCE	HONEY GARLIC PORK W/ ROASTED POTATOES, AND MIXED VEG BANANAS	CHICKEN DUMPLING STEW W/ SALAD  COOKIE	BEEF & RICE STUFFED PEPPERS W/ CHEESE  FRESH FRUIT	HAM STEAKS W/ CORN AND SWEET POTATOES  FRUIT COCKTAIL

**WEEK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHEESE LASAGNA W/ PEAS</b>	<b>BRAISED PORK W/ BAKED BEANS, AND CARROTS</b>	<b>EGG SALAD SANDWICH W/ SALAD</b>	<b>BBQ CHICKEN W/ SWEET POTATO MASH AND BROCCOLI</b>	<b>ROAST BEEF W/ MASHED POTATOES AND CORN</b>
<b>CINNAMON APPLES</b>	<b>BANANAS</b>	<b>COOKIES</b>	<b>FRESH FRUIT</b>	<b>FRUIT COCKTAIL</b>

**WEEK 4**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BOLOGNESE PASTA W/ CAULIFLOWER</b>	<b>SAUSAGE W/ MIXED VEG AND RICE</b>	<b>BEEF CHILI W/ SALAD</b>	<b>HONEY GARLIC CHICKEN MEATBALLS W/ CARROTS AND POTATOES</b>	<b>BBQ ROAST PORK LOIN W/ GREEN BEANS AND CHEESY POTATOES</b>
<b>APPLE SAUCE</b>	<b>BANANAS</b>	<b>COOKIE</b>	<b>FRESH FRUIT</b>	<b>FRUIT COCKTAIL</b>

