

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 31	JANUARY 1	JANUARY 2	JANUARY 3	JANUARY 4
CHILI & BAKED POTATO	CLOSED NEW YEAR'S DAY	HAMBURGER ON BUN	CHICKEN & GRAVY	MEATBALL STEW WITH VEGETABLES
COLESLAW		VEGETABLE SOUP	RICE	GARDEN SALAD WITH DRESSING
WHEAT BREAD		ORANGE JUICE	SAUTEÉD GREENS	WHEAT BREAD
ORANGE JUICE		COOKIE	ORANGE JUICE	ORANGE JUICE
BROWNIE			WHEAT BREAD	BROWNIE
				CAKE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 7	JANUARY 8	JANUARY 9	JANUARY 10	JANUARY 11
LEMON PEPPER TILAPIA	MEATLOAF	CHICKEN MARBELLA	TUNA SALAD WRAP	CHCKEN POT PIE
RICE	PARSLIED POTATOES	RICE PILAF	TOMATO SOUP	GARDEN SALAD WITH DRESSING
RATATOUILLE	GREEN BEANS	GLAZED CARROTS	ORANGE JUICE	WHEAT BREAD
WHEAT BREAD	WHEAT BREAD	WHEAT BREAD	MOUSSE	ORANGE JUICE
ORANGE JUICE	ORANGE JUICE	ORANGE JUICE		BROWNIE
COOKIE	CAKE	COOKIE		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 14	JANUARY 15	JANUARY 16	JANUARY 17	JANUARY 18
TURKEY CHEF SALAD	SALMON CROQUETTES	STUFFED CABBAGE	MUSHROOM CHICKEN	SHEPHERD'S PIE
LENTIL SOUP	EGG NOODLES	STUFFED CABBAGE	RICE	GARDEN SALAD WITH DRESSING
WHEAT BREAD	GREEN PEAS	SWEET POTATO	SAUTÉED SQUASH	WHEAT BREAD
ORANGE JUICE	WHEAT BREAD	SAUTÉED ZUCCHINI	WHEAT BREAD	ORANGE JUICE
CAKE	ORANGE JUICE	WHEAT BREAD	ORANGE JUICE	MOUSSE
	COOKIE	ORANGE JUICE	COOKIE	
		APPLESAUCE		

PLOUGH TOWERS CLOSED	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 21	JANUARY 22	JANUARY 23	JANUARY 24	JANUARY 25
BBQ CHICKEN	OVEN FRIED FISH WITH TARTAR SAUCE	PASTA WITH MEAT SAUCE	SWEET & SOUR CHICKEN	ROAST BEEF WITH GRAVY
BAKED BEANS	CORN PUDDING	ITALIAN SPINACH	NOODLES	MASHED POTATOES
COLESLAW	CUCUMBER SALAD	WHEAT BREAD	SESAME CARROTS & VEGETABLES	GREEN BEANS
WHEAT BREAD	WHEAT BREAD	ORANGE JUICE	WHEAT BREAD	WHEAT BREAD
ORANGE JUICE	ORANGE JUICE	FRUIT CRISP	ORANGE JUICE	ORANGE JUICE
BAKED APPLES	MOUSSE		COOKIE	CAKE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 28	JANUARY 29	JANUARY 30	JANUARY 31	FEBRUARY 1
CHILI & BAKED POTATO	TERIYAKI SALMON	HAMBURGER ON BUN	CHICKEN & GRAVY	MEATBALL STEW WITH VEGETABLES
COLESLAW	RICE	VEGETABLE SOUP	RICE	GARDEN SALAD WITH DRESSING
WHEAT BREAD	OKRA & TOMATOES	ORANGE JUICE	SAUTEÉD GREENS	WHEAT BREAD
ORANGE JUICE	WHEAT BREAD	COOKIE	ORANGE JUICE	ORANGE JUICE
BROWNIE	ORANGE JUICE		WHEAT BREAD	BROWNIE
	COOKIE		CAKE	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 4	FEBRUARY 5	FEBRUARY 6	FEBRUARY 7	FEBRUARY 8
LEMON PEPPER TILAPIA	MEATLOAF	CHICKEN MARBELLA	TUNA SALAD WRAP	CHCKEN POT PIE
RICE	PARSLIED POTATOES	RICE PILAF	TOMATO SOUP	GARDEN SALAD WITH DRESSING
RATATOUILLE	GREEN BEANS	GLAZED CARROTS	WHEAT BREAD	WHEAT BREAD
WHEAT BREAD	WHEAT BREAD	WHEAT BREAD	ORANGE JUICE	ORANGE JUICE
ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	MOUSSE	BROWNIE
COOKIE	CAKE	COOKIE		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 11	FEBRUARY 12	FEBRUARY 13	FEBRUARY 14	FEBRUARY 15
TURKEY CHEF SALAD	SALMON CROQUETTES	STUFFED CABBAGE	MUSHROOM CHICKEN	SHEPHERD'S PIE
LENTIL SOUP	EGG NOODLES	STUFFED CABBAGE	RICE	GARDEN SALAD WITH DRESSING
WHEAT BREAD	GREEN PEAS	SWEET POTATO	SAUTÉED SQUASH	WHEAT BREAD
ORANGE JUICE	WHEAT BREAD	SAUTÉED ZUCCHINI	WHEAT BREAD	ORANGE JUICE
CAKE	ORANGE JUICE	WHEAT BREAD	ORANGE JUICE	MOUSSE
	COOKIE	ORANGE JUICE	COOKIE	
		APPLESAUCE		

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 18	FEBRUARY 19	FEBRUARY 20	FEBRUARY 21	FEBRUARY 22
BBQ CHICKEN	OVEN FRIED FISH WITH TARTAR SAUCE	PASTA WITH MEAT SAUCE	SWEET & SOUR CHICKEN	ROAST BEEF WITH GRAVY
BAKED BEANS	CORN PUDDING	ITALIAN SPINACH	NOODLES	MASHED POTATOES
COLESLAW	CUCUMBER SALAD	WHEAT BREAD	SESAME CARROTS & VEGETABLES	GREEN BEANS
WHEAT BREAD	WHEAT BREAD	ORANGE JUICE	WHEAT BREAD	WHEAT BREAD
ORANGE JUICE	ORANGE JUICE	FRUIT CRISP	ORANGE JUICE	ORANGE JUICE
BAKED APPLES	MOUSSE		COOKIE	CAKE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 25	FEBRUARY 26	FEBRUARY 27	FEBRUARY 28	MARCH 1
CHILI & BAKED POTATO	TERIYAKI SALMON	HAMBURGER ON BUN	CHICKEN & GRAVY	MEATBALL STEW WITH VEGETABLES
COLESLAW	RICE	VEGETABLE SOUP	RICE	GARDEN SALAD WITH DRESSING
WHEAT BREAD	OKRA & TOMATOES	ORANGE JUICE	SAUTEÉD GREENS	WHEAT BREAD
ORANGE JUICE	WHEAT BREAD	COOKIE	ORANGE JUICE	ORANGE JUICE
BROWNIE	ORANGE JUICE		WHEAT BREAD	BROWNIE
	COOKIE		CAKE	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
LEMON PEPPER TILAPIA	MEATLOAF	CHICKEN MARBELLA	TUNA SALAD WRAP	CHCKEN POT PIE
RICE	PARSLIED POTATOES	RICE PILAF	TOMATO SOUP	GARDEN SALAD WITH DRESSING
RATATOUILLE	GREEN BEANS	GLAZED CARROTS	WHEAT BREAD	WHEAT BREAD
WHEAT BREAD	WHEAT BREAD	WHEAT BREAD	ORANGE JUICE	ORANGE JUICE
ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	MOUSSE	BROWNIE
COOKIE	CAKE	COOKIE		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 11	MARCH 12	MARCH 13	MARCH 14	MARCH 15
TURKEY CHEF SALAD	SALMON CROQUETTES	STUFFED CABBAGE	MUSHROOM CHICKEN	SHEPHERD'S PIE
LENTIL SOUP	EGG NOODLES	STUFFED CABBAGE	SWEET POTATO	GARDEN SALAD WITH DRESSING
WHEAT BREAD	GREEN PEAS	RICE	SAUTÉED SQUASH	WHEAT BREAD
ORANGE JUICE	WHEAT BREAD	SAUTÉED ZUCCHINI	WHEAT BREAD	ORANGE JUICE
CAKE	ORANGE JUICE	WHEAT BREAD	ORANGE JUICE	MOUSSE
	COOKIE	ORANGE JUICE	COOKIE	
		APPLESAUCE		

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH 22
BBQ CHICKEN	OVEN FRIED FISH WITH TARTAR SAUCE	PASTA WITH MEAT SAUCE	SWEET & SOUR CHICKEN	ROAST BEEF WITH GRAVY
BAKED BEANS	CORN PUDDING	ITALIAN SPINACH	NOODLES	MASHED POTATOES
COLESLAW	CUCUMBER SALAD	WHEAT BREAD	SESAME CARROTS & VEGETABLES	GREEN BEANS
WHEAT BREAD	WHEAT BREAD	ORANGE JUICE	WHEAT BREAD	WHEAT BREAD
ORANGE JUICE	ORANGE JUICE	FRUIT CRISP	ORANGE JUICE	ORANGE JUICE
BAKED APPLES	MOUSSE		COOKIE	CAKE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 25	MARCH 26	MARCH 27	MARCH 28	MARCH 29
CHILI & BAKED POTATO	TERIYAKI SALMON	HAMBURGER ON BUN	CHICKEN & GRAVY	MEATBALL STEW WITH VEGETABLES
COLESLAW	RICE	VEGETABLE SOUP	RICE	GARDEN SALAD WITH DRESSING
WHEAT BREAD	OKRA & TOMATOES	ORANGE JUICE	SAUTEÉD GREENS	WHEAT BREAD
ORANGE JUICE	WHEAT BREAD	COOKIE	ORANGE JUICE	ORANGE JUICE
BROWNIE	ORANGE JUICE		WHEAT BREAD	BROWNIE
	COOKIE		CAKE	