



**December 2018
Frozen Meal Plan**


**Menu is subject to change without notice
All meals include a napkin and a beverage mix.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Cheese Tortellini/ Cheese Sauce Capri Veggie Blend Swiss Chard Cannellini Bean Cacciatore WK Corn Broccoli Fresh Fruit Prunes Milk	4 Corned Beef Cabbage Parslied Potatoes Diced Carrots Chicken Veg. Orzo Soup Muffin/ Margarine Vanilla Pudding <u>(LS/DB – diet Pudding</u> Fruit Juice Fresh Fruit Milk	5 Chicken Shawarma Creamy Yogurt Sce O'Brien Potatoes Garden Veg. Bld Scrambled Eggs Waffle/ Syrup <u>LS/DB – diet syrup</u> Fruit Cocktail Pita Bread Margarine Tom. Cucum. Sld. Fresh Fruit Milk	6 Potato Crusted Pollock Couscous WK Corn Brussels Sprouts Veg. Frittata Tropical Fruit Cilantro Coleslaw Fresh Fruit Tartar Sauce Milk	7 Pork Adobo Brown Rice Green Peas Asian Veggie Blend Tortellini Tom. Spinach Soup Swt Pot Oat Muffin Margarine Raisins Fresh Fruit Milk	8 Baked Chicken/ Mediterranean Sce Quinoa Spinach Cheese Ravioli/ Vera Cruz Sauce Mixed Veggies Wheat Roll Margarine Pineapple Tidbits Fresh Fruit Milk	9 Hawaiian Beef Meatballs Brown Rice Broccoli Capri Veg. Blend Moroccan Chicken Stew WK Corn Tropical Fruit Fresh Fruit Milk
10 Egg Patty Veggie Sausage Patty English Muffin Collard Greens Minestrone Soup Crackers Carrot Raisin Salad Fruit Juice Fresh Fruit Milk	11 WW Spaghetti with Meat Sauce WK Corn Capri Veg. Blend Chicken Chilaquilles Fiesta Veggie Blend Tropical Fruit Fresh Fruit Milk	12 Chicken/ Pollock Paella Succotash Veg. Frittata O'Brien Potatoes Pineapple Tidbits Wheat Roll Margarine Cucumber Salad Fresh Fruit Milk	13 Baked Chicken Breast/Jerk Sce. Cheesy Rice Mixed Vegetables Beef Barley Soup Crackers Tossed Salad/Drsg Orange Gelatin <u>LS/Db Diet Gelatin</u> Raisins Fresh Fruit Milk	14 Beef Burgundy Oven Rst Medley Potatoes Green Beans Pork/ Zesty Orange Sauce WG Spaghetti Broccoli Swt Pot Oat Muffin Margarine Fresh Fruit Tropical Fruit/ Milk	15 Baked Chicken Breast/Garlic Herb Sweet Potatoes Green Peas Meatloaf/ Gravy Brown Rice Green Beans Cornbread Margarine Fresh Fruit Fruit Juice Milk	16 LS Turkey Breast/ Poultry Gravy Yukon Potatoes Garden Veggie Blend Carne Asada Brown Rice Mixed Veggies Tortilla Corn O'Brien Sld Fruit Juice Fresh Fruit/ Milk
17 Cheese Enchiladas/ Ranchero Sauce Italian Veg. Blend	18 Holiday Delivery Bourbon BBQ Beef Sweet Potatoes Green Beans	19 Flounder/Lemon Caper Sauce Couscous Green Peas	20 Cuban Veggie Patty Plantains Mixed Veggies	21 Tandoori Chicken Curried Lentils Ca. Veggie Blend	22 Pork Chili Verde Brown Rice Green Peas Diced Carrots	23 Thai Chicken Curry Jasmine Rice Broccoli & Caulif

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<p>17 Monday Macaroni & Cheese Broccoli</p> <p>Raisins Fresh Fruit Milk</p>	<p>18 Tuesday Scrambled Eggs Pancakes Peaches Pancake Syrup <i>(Db/Ls: diet syrup)</i> Tossed Salad/Drsg Margarine Fresh Fruit Vanilla Pudding <i>Db/Ls- diet Pudding</i> Milk</p>	<p>19 Wednesday Country Veg. Blend</p> <p>Kale Soup (Turkey Ham)</p> <p>Swt Pot Oat Muffin Margarine Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p>20 Thursday</p> <p>Beef Brisket/ Ginger/Pineapple Sauce Brown Rice Green Peas Braised Balsamic Cabbage</p> <p>Pineapple Tidbits Fresh Fruit Milk</p>	<p>21 Friday Chili con Carne Cornbread</p> <p>Carrot Raisin Salad Crackers Fresh Fruit Fruit Juice Milk</p>	<p>22 Saturday Mushroom Omelet O'Brien Potatoes Tropical Fruit</p> <p>Fresh Fruit Milk</p>	<p>23 Sunday Stuffed Pepper WK Corn</p> <p>Tropical Fruit Fresh Fruit Milk</p>
<p>24 Vegetable Frittata Curried Lentils Capri Veg. Blend</p> <p>Veggie Burger Mushroom Gravy O'Brien Potatoes Spinach</p> <p>Gelatin <i>(Db/Ls – diet gel.)</i> Raisins Fresh Fruit Milk</p>	<p>25 CHRISTMAS</p> <p>Beef Stroganoff Egg Noodles Green Beans Cauliflower</p> <p>Chicken Patty Waffles Mandarin Oranges</p> <p>Pancake Syrup <i>Ls/Db: Diet Syrup</i> Margarine Fresh Fruit/Milk</p>	<p>26 Guatemalan Beef Stew Brown Rice Ca. Veg. Blend</p> <p>Scrambled Eggs Waffles Tropical Fruit</p> <p>Margarine Pancake Syrup <i>(Ls/Db-Diet syrup)</i> Tossed Salad /Drsg Fresh Fruit/ Milk</p>	<p>27 Baked Chicken Thigh/Honey Bal Vinegar Sce. O'Brien Potatoes Spinach</p> <p>Breakfast Burrito/ Shredded Cheese WK Corn</p> <p>Sliced Apples Fresh Fruit Milk</p>	<p>28 Salmon Patty/Dill Sauce Sweet Potatoes Mixed Veggies</p> <p>Chicken/Wild Rice Soup Crackers Coleslaw Tropical Fruit Fresh Fruit Milk</p>	<p>29 Diced Pork/Cherry Sauce Yukon Potatoes Green Peas</p> <p>WW Spaghetti with Beef Sauce Succotash</p> <p>WW Bread Margarine Raisins Fresh Fruit Milk</p>	<p>30 Chicken A La King Egg Noodles WK Corn Broccoli</p> <p>Italian Bean Soup</p> <p>Swt Pot Oat Muffin Margarine Fruit Juice Fresh Fruit Milk</p>
<p>31 Holiday Delivery Cottage Pie WK Corn Broccoli</p> <p>Scrambled Eggs Pancakes/ peaches Syrup/ Diet Syrup Margarine Fresh Fruit/ Milk</p>						

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