



	Monday	Tuesday	Wednesday	Thursday	Friday
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Week 1	Chili Topped Baked Potato	Tex Mex Tacos with Mexican Rice	Chicken Shawarma Pita	Pulled Pork Sandwich	Butter Chicken, Rice & Sauteed Veggies
Pasta Option	Penne Pasta with Meat Sauce	Macaroni & Cheese	Lazy Lasagna with Roasted Red Pepper Marinara	Rigatoni & Meatballs in Marinara	Stir Fry Shanghai Noodles
Week 2	Big Island Rice Bowl	Shepherds Pie Mashed Potato Bowl	Chicken Fajita with Mexican Rice	Buffalo Chicken Quesadilla	Greek Veggie Pita
Pasta Option	Baked Beef-a-Roni	Cheesy Sundried Tomato Penne	Ravioli with Roasted Red Peppers	Rotini Alfredo	Chicken Pad Thai
Week 3	Beef Burrito	Tex Mex Tacos with Mexican Rice	Jerk Chicken, Jamaican Rice & Corn	Sloppy Joe Sandwich	Sweet & Sour Turkey Meatballs & Brown Rice
Pasta Option	Penne Marinara	Lo Mein Noodles	Macaroni & Cheese	Rotini Primavera	Rigatoni with Roasted Vegetables
Week 4	Roasted Corn & Spicy Black Bean Quesadilla	Butter Chicken, Rice & Sauteen Veggies	Chicken Souvlaki, Potato Wedges & Tzatziki Sauce	Pulled Pork Grilled Cheese Sandwich	Buffalo Chicken Flatbread
Pasta Option	Penne Pasta with Meat Sauce	Meat or Vegetarian Lasagna	Rigatoni & Meatballs in Marinara	Chicken Pad Thai	Oven Baked Penne

Side Options: Garden Salad, Caesar Salad, Apple, Banana, Carrot & Celery Sticks, Baked Potato Wedges, Steamed PEI Veggie Blend