

	QTY	*Low Salt #Low Fat	CODE	MASTER MENU
WEEK 1	*	#	E1	Pork Choppie Steak, new potatoes, gravy, spinach, applesauce
	*	#	E3	VEG Lentil goulash, black beans, rice, cheddar, broccoli
	*	#	E4	Macaroni & cheese, chopped broccoli, apple crisp
	*	#	E5	Chicken casserole, peas, tropical fruit
	*	#	E6	Fried Chicken, mashed potatoes, gravy, diced carrots
	*	#	E8	Beef Lasagna, green beans, mandarin oranges
WEEK 2	*	#	E9	Salisbury steak, mushroom gravy, mashed potatoes, carrots
	*	#	E10	VEG Cheesy Veg bake, black beans, rice, cheddar, applesauce
	*	#	E12	Meatloaf, gravy, roasted red potatoes, Scandinavian vegetables
	*	#	E13	Braised beef tips, vegetable gravy, fiesta rice, spinach
	*	#	E14	Spaghetti w/ meatballs, green beans, fruit cocktail/mandarin orange mix
	*	#	E15	Beef stew, mashed potatoes, peach crisp
WEEK 3	*	#	E16	Swedish meatballs, gravy, noodles, broccoli, carrots
	*	#	E19	Baked Fish, red potatoes, spinach
	*	#	E20	Chicken pattie, mashed potatoes, gravy, diced carrots
	*	#	E21	Chicken Cacciatore, pasta marinara, green beans, peach crisp
	*	#	E23	Lemon pepper fish, rice w/ peas & carrots, lemon pudding
	*	#	E24	Broccoli Tortellini Alfredo, peas & carrots, fruit cocktail
WEEK 4	*	#	E26	Chicken Pot Pie, peas, peach crisp
	*	#	E28	Sweet & Sour Meatballs, broccoli, apple crisp
	*	#	E29	VEG Lentil chili topped potato, cheddar, broccoli, peach crisp
	*	#	E30	Dijon Chicken mushroom, rice, broccoli, peach crisp
	*	#	E31	Cheese enchilada on rice, black beans, mixed vegetables
	*	#	E32	Mexican pasta skillet, peas, apple crisp
				* Low Sodium: Less than 815 mg/meal # Low Fat: Less than 25%/meal
				WHITE () DARK () BUTTER () POWDERED MILK ()
WK1	*	#	B1	Cheese Omelet, pancakes, pears
WK2	*	#	17	Mushroom omlet, hash browns, broccoli
WK3	*	#	B3	French toast, scrambled eggs, peaches
WK4	*	#	22	Sausage, egg, cheese muffin, broccoli, applesauce
				Choice of Juice: ORANGE () APPLE () PINEAPPLE ()