Mobile Meals 4 Week Cycle

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jumbo Italian Meatball w/Rotini Pasta & Marinara	Garlic & Herb Turkey Breast	Mediterranean Baked Cod	Savannah Meatloaf	Pork Carnitas	Chicken & Broccoli Alfredo	Beef Pot Roast w/Beef Demi Glace
Grilled Asparagus	Mashed Potatoes	Baked Sweet Potato	Smashed Red Potatoes	Cilantro Lime Rice	Stir Fried Sugar Snap Peas	Mashed Potatoes
Garlic Breadstick	Fresh Green Beans	Broccoli, Carrots & Cauliflower	Roasted Yellow Squash	Pinto Beans	Garlic Breadstick	Broccoli
Orange Gelatin	Diced Pears	Graham Crackers	Vanilla Pudding	Red Seedless Grapes	Vanilla Wafers	Diced Peaches
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

EXTENDED MEAL

Big Daddy Turkey Sandwich	Turkey Breast	Cranberry Chicken Salad Sandwich	Tasty Turkey Sandwich	Egg Salad Sandwich	Grilled Chicken Breast	Ham and Swiss Sandwich
	Croissant				Whole Wheat Bread	
Lettuce Leaf	American Cheese	Garden Side Salad	Vinegar Coleslaw	Lettuce Leaf	Sliced Provolone Cheese	Potato Salad
Fresh Fruit Cup	Kale Salad		Citrus Gelatin	Fruit Cocktail	Coleslaw	

WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grilled Chicken Sandwich on Brioche Bun	Hamburger on Brioche Bun	Garlic & Herb Turkey Breast	Beef Pot Roast w/Beef Demi Glace	Chicken Breast w/Marsala Mushroom Sauce	Roasted Salmon Fillet	Meatloaf
	Herbed Rice Pilaf	Baked Sweet Potato	Buttermilk Chive Mashed Potatoes	Baked Potato	Brown Rice	Potato Wedges
Garden Side Salad	Fresh Green Beans	Broccoli	Roasted Carrots	Roasted Brussels Sprouts	Green Peas	Fresh Green Beans
Fruit Cup	Red Seedless Grapes	Mandarin Orange Sections	Diced Pears	Oatmeal Raisin Cookie	Pineapple Tidbits	Cubed Pineapple
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

EXTENDED MEAL

Tuna Salad Sandwich on Whole Wheat Bread	Turkey Sandwich on White Bread	Roast Beef & Swiss Sandwich on Wheat Bread	Egg Salad Sandwich	Ham & Swiss Sandwich on Wheat Bread	Peanut Butter & Jelly Sandwich on White Bread	Chicken Caesar Wrap
Red Seedless Grapes	Lorna Doone Cookies	Diced Peaches	Petite Spinach Salad	Mandarin Orange Sections	Fruit Cocktail	Petite Side Salad

WEEK 3						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Garlic Herb Pork Loin	Vegetable Lasagna	Mediterranean Chicken Breast	Baked Chicken Tenders	Pork Carnitas	Penne Pasta	Chicken Pot Pie
Herbed Rice Pilaf	Garden Salad	White Rice	Roasted Corn	Cilantro Lime Rice	Meat Sauce	Stir Fried Sugar Snap Peas
Broccoli, Carrots & Cauliflower	Garlic Breadstick	Stir Fry Vegetables	Macaroni & Cheese	Pinto Beans	Spinach	
Cubed Honeydew	Fruit Cup	Sugar Cookie	Apple Crisp	Diced Pears	Diced Peaches	Cubed Pineapple
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
EXTENDED MEAL						
Big Daddy Turkey Sandwich	Roast Beef & Cheddar Sandwich	Chicken Salad Sandwich on Whole Wheat Bread	Ham Sandwich on White Bread	Tuna Salad Sandwich on White Bread w/Lettuce	Turkey Breast Sandwich on Hoagie Roll	Deluxe Grilled Chicken Sandwich on White Bread
Greek Side Salad	2% Low Fat Cottage Cheese	Fruit Cocktail	Carrot and Celery Sticks	Tomato & Cucumber Salad	Baby Spinach Petite Side Salad	Petite Side Salad
WEEK 4						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beef Pot Roast w/Beef Demi Glace	Southern Smothered Pork Chops	Chicken & Broccoli Alfredo	Meatloaf	Hibachi Teriyaki Chicken	Sesame Crusted Cod	Oven Fried Chicken Breast
Mashed Potatoes	Garlic Mashed Potatoes	Garden Side Salad	Green Peas	White Rice	Roasted Brussels Sprouts	Brioche Bun
Roasted Carrots	Country Style Green Beans	Garlic Breadstick	Baked Potato	Hibachi Vegetables	Maple Roasted Butternut Squash	Tomato & Cucmber Salad
Citrus Gelatin	Mandarin Orange Sections	Fresh Fruit Cup	Mandarin Orange Sections	Sugar Cookie	Diced Peaches	Applesauce
Whole Wheat Bread	Dinner Roll	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
EXTENDED MEAL						
Roast Beef & Swiss Sandwich	Chicken Caesar Wrap	Peanut Butter & Jelly Sandwich on White Bread	Egg Salad Sandwich Lettuce Leaf	Ham & Swiss Sandwich on Wheat Bread	Turkey Sandwich on White Bread Sliced Provolone Cheese Baby Spinach	Tuna Salad Sandwich on Wheat Bread Lettuce Leaf
Petite Side Salad	Baked Potato Chips	Fresh Fruit Cup	Citrus Almond Wild Rice Salad	Lettuce Leaf Cubed Watermelon	Blueberry Feta Side Salad	Mandarin, Pineapple, & Grapes