

	MONDAY, JANUARY 30	TUESDAY, JANUARY 31	WEDNESDAY, FEBRUARY 1	THURSDAY, FEBRUARY 2	FRIDAY, FEBRUARY 3	SATURDAY, FEBRUARY 4
LUNCH	Vegan Macaroni Dinner Green Beans Fresh Fruit	Couscous Salad Wrap Sliced Steamed Carrots Fresh Fruit Tomato Bruschetta Flatbread Pizza (2 slices) Lettuce (1cup) w/1/2 cup green items & 2 tbsp Ital dressing Medium Fresh Fruit	Grilled Portabella Mushrooms Basil Orzo Napa Valley Steamed Vegetables Fresh Fruit	Turkey Burger Lettuce (1 cup) w/ 1/4 cup green items & 2 tbps ff Italian dressing or Balsamic Viniagrette Medium Fresh Fruit	2 slices Tomato Bruschetta Flatbread Pizza Lettuce (1 cup) wit 1/2 c green items & 2 tbsp ff Italian drsg Medium Fresh Fruit	
DINNER	Tomato Basil Baked Pollock California Mixed Vegetables Braised Red Cabbage Dinner Roll	Herb Roasted Turkey Breast Baked Sweet Potatoes Whole Green Beans Sliced Steamed Carrots Dinner Roll Tomato Bruschetta Flatbread Pizza (2 slices) Lettuce (1cup) w/1/2 cup green items & 2 tbsp Ital dressing Medium Fresh Fruit	Spicy Roasted Turkey Biggie Sandwich Succotash Fresh Fruit	Lentil Dal Corn on the Cob Leaf Spinach Cuban Stack Biggie Sandwich Fresh Fruit	Teriyaki Chicken Jasmine Rice Sesame Ginger Green Beans Steamed Sliced Carrots Curried Rice Noodles Sesame Ginger Green Beans Steamed Sliced Carrots	

SUNDAY, FEBRUARY 5

LUNCH
Entrée

Brown Sugar Rubbed Pork Loin
Baked Sweet Potato
Braised Red Cabbage

DINNER