

8 WEEK CYCLE FROZEN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 5 (1/12/22)					
Cheese & Green Chili Tamale * Fiesta Vegetables Stewed Tomatoes	Turkey a la King over Biscuit * Broccoli <u>Scandinavian</u> <u>Vegetables</u>	Herb Fish over Wild Rice * Seasoned Cabbage <u>Mixed Vegetables</u>	Beef Parmesan over Pasta Marinara Italian Green Beans * California Vegetables	Chicken Marsala * Mashed Potatoes <u>Italian Vegetables</u> Green Peas	1/2 gallon milk 5 oatmeal packets 5 fruits/juices
WEEK 6 (1/19/22)					
BBQ Pork Rib Patty * over Mashed Potatoes <u>Bean Medley</u> Applesauce	Beef Lo Mein * California Vegetables Green Beans	Creamy Mushroom Chicken over Rice <u>Carrots</u> * Brussels Sprouts	Potato Crusted Fish Scalloped Potatoes * Fiesta Vegetables Whole Kernel Corn	Vegetarian Lentil Stew over Brown Rice <u>Spinach</u> * Winter Vegetables	5 beverage packets Ritz crackers 5 fruits/juices
WEEK 7 (1/26/22)					
Buffalo Chicken Drumsticks (2) * Garlic Mashed Potatoes <u>Scandinavian</u> <u>Vegetables</u>	Cheese Omelet w/Shredded Cheddar * Broccoli Red Potatoes	Beef Macaroni <u>Spinach</u> * California Vegetables	Chicken & White Bean Chili * Cauliflower <u>Carrots</u>	Creole Steak over Rice * Fiesta Vegetables Green Beans	1/2 gallon milk 1 loaf of whole-wheat bread 5 fruits/juices
WEEK 8 (2/2/22)					
Salmon Patty w/Dill Sauce over Rice * Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian over Asian Noodles <u>Carrots</u> * Steamed Cabbage	🍲 Bean & Cheese Burrito w/Enchilada Sauce Mexicali Corn * Broccoli	Swedish Meatballs * over Mashed Potatoes <u>Scandinavian Veg</u> Stewed Tomatoes	Turkey Divan over Rice Green Peas * California Vegetables	5 beverage packets whole-grain graham crackers 5 fruits/juices