

8 WEEK CYCLE FROZEN PLEASANT HILL NUTRITION LUNCH MENU					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 1					
Turkey Dinner Stuffing * Yams Green Beans Fruit	Spaghetti & Meatballs * <u>California Veggies</u> Green Peas Fruit	BBQ Pork Rib Patty * over Mashed Potatoes <u>Bean Medley</u> Diced Apples Fruit	Salisbury Steak * Garlic Mashed Potatoes <u>Italian Vegetables</u> Whole Kernel Corn Fruit	Cheese Ravioli w/Alfredo Sauce * <u>Broccoli</u> * Stewed Tomatoes Fruit	1/2 gallon milk 5 oatmeal packets 5 fruits/juices
WEEK 2					
Meatloaf * Mashed Potatoes Green Beans Whole Kernel Corn Fruit	Creamy Mushroom Chicken over Penne Pasta * <u>Winter Veggies</u> Green Peas Fruit	Oven Baked Fish w/Lemon Sauce * Potatoes O'Brien <u>Capri Vegetables</u> Fruit	BBQ Chicken * Potato Nuggets <u>Mixed Vegetables</u> * <u>Spinach</u> Fruit	Beef Parmesan over Rotini w/Marinara Sauce Italian Green Beans * <u>California Veggies</u> Fruit	5 beverage packets assorted crackers 5 fruits/juices
WEEK 3					
Apricot Chicken Wild Rice * <u>California Veggies</u> Fruit	BBQ Beef * Potato Nuggets <u>Capri Vegetables</u> Fruit	Oven Fried Chicken Zucchini * Mashed Potatoes Fruit	Beef Macaroni * <u>Broccoli</u> Sliced Apples Fruit	Cheese Lasagna Roll-Up w/Cheese Diced Beets * Winter Blend Veg. Fruit	1/2 gallon milk 1 loaf of bread 5 fruits/juices
WEEK 4					
Salmon Patty w/Dill Sauce over Rice * Brussels Sprouts <u>Bean Medley</u> Fruit	Chicken Marsala * Mashed Potatoes <u>Italian Vegetables</u> Beets Fruit	Sweet & Sour Meatballs over Steamed Rice <u>Carrots</u> * <u>Broccoli</u> Fruit	Cheese Omelet w/Shredded Cheddar * <u>Spinach</u> * Red Potatoes Fruit	Chicken Tahitian over Asian Noodles Pineapple Chunks * Steamed Cabbage Fruit	5 beverage packets 5 oatmeal packets 5 fruits/juices

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WEEK 5					
Chicken & White Bean Chili * Winter Veggies <u>Carrots</u> Fruit	Turkey a la King over Biscuit * <u>Broccoli</u> <u>Scandinavian Veggies</u> Fruit	Potato Crusted Fish * Scalloped Potatoes Green Beans Succotash Fruit	Salisbury Steak * Garlic Mashed Potatoes Zucchini <u>Mixed Vegetables</u> Fruit	Chicken Curry over Brown Rice * <u>California Veggies</u> Green Peas Fruit	1/2 gallon milk assorted crackers 5 fruits/juices
WEEK 6					
Cheese Omelet w/Shredded Cheddar * <u>Spinach</u> * Red Potatoes Fruit	Beef Parmesan over Pasta Marinara Italian Green Beans * <u>California Veggies</u> Fruit	Creamy Mushroom Chicken over Rice <u>Capri Vegetables</u> * Stewed Tomatoes Fruit	Potato Crusted Fish and Chips * <u>Scandinavian Veggies</u> Fruit	Broccoli Beef over Rice * Seasoned Cabbage <u>Carrots</u> Fruit	5 beverage packets 1 loaf of bread 5 fruits/juices
WEEK 7					
BBQ Beef * Potato Nuggets <u>Scandinavian Veggies</u> Fruit	Cheese Lasagna Roll-Up w/Cheese Diced Beets * Winter Blend Veg. Fruit	Sweet & Sour Pork over Rice * <u>California Veggies</u> Green Beans Fruit	Beef Macaroni * <u>Spinach</u> Sliced Apples Fruit	Chicken Fajita over Rice Whole Kernel Corn * <u>Broccoli</u> Fruit	1/2 gallon milk assorted crackers 5 fruits/juices
WEEK 8					
Salmon Patty w/Dill Sauce over Rice * Brussels Sprouts <u>Bean Medley</u> Fruit	Hearty Beef Stew Whole Kernel Corn * <u>Broccoli</u> Fruit	Chicken Tahitian over Asian Noodles Pineapple Chunks * Steamed Cabbage Fruit	Turkey Divan over Rice Green Peas * <u>California Veggies</u> Fruit	Meatballs with Mushroom Gravy Buttered Noodles <u>Capri Vegetables</u> * Stewed Tomatoes Fruit	5 beverage packets 1 loaf of bread 5 fruits/juices