


**8 WEEK CYCLE FROZEN MOW MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
<b>WEEK 1</b>					
Turkey Dinner w/Gravy Stuffing * <u>Whipped Yams</u> Green Beans	Chicken Fajita over Rice Whole Kernel Corn * California Vegetables	Oven Baked Fish w/Lemon Sauce Potatoes O'Brien * Fiesta Vegetables	Salisbury Steak w/Gravy * Garlic Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Cheese Ravioli w/Shredded Cheese & Marinara Sauce * Broccoli <u>Bean Medley</u>	1/2 gallon milk 5 oatmeal packets 5 fruits/juices
<b>WEEK 2</b>					
Creamy Mushroom Chicken over Brown Rice * California Vegetables Whole Kernel Corn	Potato Crusted Fish Scalloped Potatoes * Fiesta Vegetables Green Beans	Spaghetti & Meatballs * Winter Vegetables <u>Carrots</u>	BBQ Chicken Potato Nuggets * <u>Collard Greens</u> <u>Mixed Vegetables</u>	Sesame Mustard Pork * Mashed Potatoes <u>Scandinavian</u> <u>Vegetables</u>	5 beverage packets Ritz crackers 5 fruits/juices
<b>WEEK 3</b>					
Turkey Chili w/Beans Potato Nuggets * Broccoli	Creamy Tuna over Noodles * Brussels Sprouts <u>Mixed Vegetables</u>	 Oven Fried Chicken * <u>Whipped Yams</u> Green Beans Succotash	Broccoli Beef over Rice * Seasoned Cabbage <u>Carrots</u>	Cheese Omelet w/Shredded Cheddar <u>Spinach</u> Red Potatoes	1/2 gallon milk 1 loaf of whole-wheat bread 5 fruits/juices
<b>WEEK 4</b>					
Cheesy Potato Soup * Fiesta Vegetables Green Peas	Meatloaf w/Gravy * Mashed Potatoes <u>Italian Vegetables</u> Stewed Tomatoes	Sweet & Sour Meatballs over Steamed Rice <u>Carrots</u> * Broccoli	Salmon Patty w/Dill Sauce over Rice * Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian over Asian Noodles <u>Scandinavian</u> <u>Vegetables</u> * Steamed Cabbage	5 beverage packets 5 oatmeal packets 5 fruits/juices