

**MOW**  
**FALL/WINTER**



**WEEK 1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MAC &amp; CHEESE W/ BROCCOLI</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>BRAISED CHICKEN THIGHS W/ ONIONS, PEPPERS AND SWEET POTATOES CINNAMON APPLES</b></p>	<p><b>HAM &amp; CHEESE SANDWICH W/ SALAD</b></p> <p><b>FRUIT COCKTAIL</b></p>	<p><b>MEAT LOAF W/ BROCCOLI AND CHEESY POTATOES</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>BBQ PORK W/ BAKED BEANS AND PEAS</b></p> <p><b>APPLE SAUCE</b></p>

**WEEK 2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BOLOGNESE PASTA W/ GREEN BEANS</b></p> <p><b>APPLE SAUCE</b></p>	<p><b>HONEY GARLIC PORK W/ ROASTED POTATOES, AND MIXED VEG BANANAS</b></p>	<p><b>CHICKEN DUMPLING STEW W/ SALAD</b></p> <p><b>COOKIE</b></p>	<p><b>BEEF &amp; RICE STUFFED PEPPERS W/ CHEESE</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>HAM STEAKS W/ CORN AND SWEET POTATOES</b></p> <p><b>FRUIT COCKTAIL</b></p>

**WEEK 3**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>CHEESE LASAGNA W/ PEAS</b>	<b>BRAISED PORK W/ BAKED BEANS, AND CARROTS</b>	<b>EGG SALAD SANDWICH W/ SALAD</b>	<b>BBQ CHICKEN W/ SWEET POTATO MASH AND BROCCOLI</b>	<b>ROAST BEEF W/ MASHED POTATOES AND CORN</b>
<b>CINNAMON APPLES</b>	<b>BANANAS</b>	<b>COOKIES</b>	<b>FRESH FRUIT</b>	<b>FRUIT COCKTAIL</b>

**WEEK 4**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BOLOGNESE PASTA W/ VEGETABLE</b>	<b>SAUSAGE W/ VEGETABLE AND RICE</b>	<b>BEEF CHILI W/ SALAD</b>	<b>HONEY GARLIC CHICKEN W/ CARROTS AND POTATOES</b>	<b>BBQ ROAST PORK LOIN W/ GREEN BEANS AND CHEESY POTATOES</b>
<b>APPLE SAUCE</b>	<b>BANANAS</b>	<b>COOKIE</b>	<b>FRESH FRUIT</b>	<b>FRUIT COCKTAIL</b>

