

**Name:**
**Apartment:**
**Codes V = Vegan GF = Gluten Restricted Veg = Vegetarian ♥ = Heart Healthy ♦ = Diabetic**

Bread Options: White, Wheat, Rye On Friday Challah

• Choose one item from each category each day. Portion sizes are available upon request

<b>Meat</b>  <b>04/13</b> <b>Monday</b>	<b>App:</b> <input type="checkbox"/> Beef Chili GF <input type="checkbox"/> V -8 Juice V GF VEG ♥♦ <b>Entrée:</b> <input type="checkbox"/> Teriyaki Chicken Bowl GF♦ <input type="checkbox"/> Orange Roughy ♥ <input type="checkbox"/> Vegetarian Goulash VEG <b>S:</b> <input type="checkbox"/> Mashed Potatoes V VEG <input type="checkbox"/> Jasmin Rice V GF VEG ♥ <b>Veg:</b> <input type="checkbox"/> Mixed Sautéed Vegetables V GF VEG ♥♦ <input type="checkbox"/> Napa Cabbage V GF VEG ♥♦ <b>Dessert:</b> <input type="checkbox"/> Cherry Pie <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> Sugar Free Jell-O V GF VEG ♦
<b>Meat</b>  <b>04/14</b> <b>Tuesday</b>	<b>App:</b> <input type="checkbox"/> Healthy Vegetable Salad V GF VEG ♥♦ <input type="checkbox"/> V -8 Juice V GF VEG ♥♦ <b>Entrée:</b> <input type="checkbox"/> Beef Lula Kebab GF Available <input type="checkbox"/> Mediterranean Baked White Fish GF♥♦ <input type="checkbox"/> Grilled Vegetable Sandwich VEG ♥ <b>S:</b> <input type="checkbox"/> Baked Breaded Mushrooms V VEG ♥ <input type="checkbox"/> Roasted Potato V GF VEG ♥ <b>Veg:</b> <input type="checkbox"/> Asparagus V GF VEG ♥♦ <input type="checkbox"/> Carrots V GF VEG ♥ <b>Dessert:</b> <input type="checkbox"/> Chef Choices <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> Sugar Free Jell-O V GF VEG ♦
<b>Dairy</b>  <b>04/15</b> <b>Wednesday</b>	<b>App:</b> <input type="checkbox"/> Cream Of Potato Soup GF VEG <input type="checkbox"/> V -8 Juice V GF VEG ♥♦ <b>Entrée:</b> <input type="checkbox"/> Stuffed Salmon w/ Cheese GF ♦ <input type="checkbox"/> Impossible Cheddar Cheeseburger VEG ♦ <input type="checkbox"/> Pierogies w/ Sour cream VEG <b>S:</b> <input type="checkbox"/> Hash brown Casserole V VEG <input type="checkbox"/> Onion Rings V VEG <b>Veg:</b> <input type="checkbox"/> Green Beans Almandine V GF VEG ♥♦ <input type="checkbox"/> Ginger Cauliflower V GF VEG ♥♦ <b>Dessert:</b> <input type="checkbox"/> Tiramisu <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> Sugar Free Jell-O GF VEG ♦ <input type="checkbox"/> Milk <input type="checkbox"/> None
<b>Meat</b>  <b>04/16</b> <b>Thursday</b>	<b>App:</b> <input type="checkbox"/> Summer Berry Salad V GF VEG ♥♦ <input type="checkbox"/> V -8 Juice V GF VEG ♥♦ <b>Entrée:</b> <input type="checkbox"/> Chicken Shawarma ♥ <input type="checkbox"/> Tilapia Picatta (Lemon Caper Sauce) GF♥♦ <input type="checkbox"/> Calzone - (ND) Cheese, Mushroom, Red Onion, Olives w/ Marinara Sause VEG <b>S:</b> <input type="checkbox"/> French Fries VEG <input type="checkbox"/> Quinoa V GF VEG ♥♦ <b>Veg:</b> <input type="checkbox"/> Braised Red Cabbage w/ Cranberries V G F VEG ♥♦ <input type="checkbox"/> Lemon & Garlic Broccoli V GF VEG ♥♦ <b>Dess:</b> <input type="checkbox"/> Oatmeal Raisin Cookie <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> Sugar Free Jell-O GF VEG ♦
<b>Meat</b>  <b>04/17</b> <b>Friday</b>	<b>App:</b> <input type="checkbox"/> Chicken Rice Soup GF♥♦ <input type="checkbox"/> V -8 Juice V GF VEG ♥♦ <b>Entrée:</b> <input type="checkbox"/> Stuffed Cabbage Rolls GF♦ <input type="checkbox"/> Pan Seared Cod GF♥♦ <input type="checkbox"/> Vegetarian Stuffed Bell Peppers V GF VEG ♥♦ <b>S:</b> <input type="checkbox"/> Brown Rice V GF VEG ♥♦ <input type="checkbox"/> Baked Potatoes V GF VEG ♥ <input type="checkbox"/> Challah <b>Veg:</b> <input type="checkbox"/> Squash Medley V GF VEG ♥♦ <input type="checkbox"/> Herb Roasted Cipollini Onions V GF VEG ♥♦ <b>Dessert:</b> <input type="checkbox"/> Cinnamon Roll <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> Sugar Free Jell-O V GF VEG ♦
<b>Dairy</b>  <b>04/18</b> <b>Saturday</b>	<b>App :</b> <input type="checkbox"/> Greek Salad <input type="checkbox"/> V -8 Juice V GF VEG ♥♦ <b>Entrée:</b> <input type="checkbox"/> Spinach & Ricotta Stuffed Shells <input type="checkbox"/> Grilled Salmon w/Bruschetta GF♥♦ <b>S:</b> <input type="checkbox"/> Gnocchi V VEG ♥ <input type="checkbox"/> Sweet Potatoes Fries V VEG <b>Veg:</b> <input type="checkbox"/> Button Mushrooms V GF VEG ♥♦ <input type="checkbox"/> Chateau Vegetable Blend V GF VEG ♥♦ <b>Dessert:</b> <input type="checkbox"/> Chefs Choice <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> Sugar Free Jell-O V GF VEG ♥♦ <input type="checkbox"/> Milk <input type="checkbox"/> None
<b>Meat</b>  <b>04/19</b> <b>Sunday</b>	<b>App :</b> <input type="checkbox"/> Beef Vegetable Soup GF♥♦ <input type="checkbox"/> V -8 Juice V GF VEG ♥♦ <b>Entree</b> <input type="checkbox"/> Meatloaf w/ Gravy <input type="checkbox"/> Hot Dog <b>S:</b> <input type="checkbox"/> Yukon Gold Potatoes V GF VEG ♥ <input type="checkbox"/> Chips VEG <b>Veg:</b> <input type="checkbox"/> Mini Cobbett's V GF VEG ♥ <input type="checkbox"/> Brussel Sprouts V GF VEG ♥♦ <b>Dessert:</b> <input type="checkbox"/> Cookie <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> Sugar Free Jell-O V GF VEG ♥♦