

Name:
Apartment:
Codes V = Vegan GF = Gluten Restricted ♥ = 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

Meat 04/13 Monday	App : <input type="checkbox"/> Israeli Salad Veg GF V ♥ ♦ <input type="checkbox"/> Potato Salad Veg GF Entree: <input type="checkbox"/> BBQ Beef <input type="checkbox"/> Trout Almandine GF ♥ ♦ S: <input type="checkbox"/> Hush Puppies Veg ♦ <input type="checkbox"/> Wild Rice GF V ♦ Veg: <input type="checkbox"/> Broccoli V GF ♥ ♦ <input type="checkbox"/> Lime Grilled Scallions GF V ♥ ♦ Dessert: <input type="checkbox"/> Peanut Butter Cookies <input type="checkbox"/> Fresh Fruit V GF ♥ <input type="checkbox"/> Sugar Free Jell-O ♦
Dairy 04/14 Tuesday	App: <input type="checkbox"/> Soup Minestrone <input type="checkbox"/> Coleslaw Veg GF ♥ ♦ Entree: <input type="checkbox"/> Breakfast Egg, Potato, Cheese Burritos <input type="checkbox"/> Broiled Cod w/Fennel & Orange Segments GF ♥ ♦ S: <input type="checkbox"/> Baked Beans <input type="checkbox"/> Spanish Rice GF Veg: <input type="checkbox"/> Yellow Squash & Zucchini GF V ♥ ♦ <input type="checkbox"/> Beets GF V ♥ ♦ Dessert: <input type="checkbox"/> Chocolate Pudding <input type="checkbox"/> Fresh Fruit V GF ♥ ♦ <input type="checkbox"/> Sugar Free Jell-O ♦
Meat 04/15 Wednesday	App: <input type="checkbox"/> Spring Mix Salad <input type="checkbox"/> Potato Salad Veg GF V ♥ ♦ Entree: <input type="checkbox"/> BBQ Chicken Wings GF <input type="checkbox"/> Baked White Fish w/ Salsa Verde GF ♥ S: <input type="checkbox"/> Sweet Potato <input type="checkbox"/> Orzo _{V, V, ♥} Veg: <input type="checkbox"/> Lima Beans _{GF, ♥} <input type="checkbox"/> Bell Pepper Medley _{GF, V, ♥} Dessert: <input type="checkbox"/> Apple Crisp <input type="checkbox"/> Fresh Fruit V GF ♥ ♦ <input type="checkbox"/> Sugar Free Jell-O ♦
Dairy 04/16 Thursday	App: <input type="checkbox"/> Cream Of Tomato Soup <input type="checkbox"/> Coleslaw Veg GF V ♥ ♦ <input type="checkbox"/> Tortellini w/ Mushroom Cream Sauce <input type="checkbox"/> Baked Sea Bass S: <input type="checkbox"/> Garlic Bread <input type="checkbox"/> Barley Pilaf ♦ Veg: <input type="checkbox"/> California Vegetable Blend _{GF, V, ♥, ♦} <input type="checkbox"/> Carrots _{GF, V, ♥, ♦} Dessert: <input type="checkbox"/> Strawberry Cheesecake <input type="checkbox"/> Fresh Fruit V GF ♥ ♦ <input type="checkbox"/> Sugar Free Jell-O ♦
Meat 04/17 Friday	Entree: <input type="checkbox"/> Cobb Salad <input type="checkbox"/> Potato Salad Veg GF ♥ ♦ <input type="checkbox"/> Chicken Cacciatore <input type="checkbox"/> Chile Braised Trout GF S: <input type="checkbox"/> Tater Tots GF V ♦ <input type="checkbox"/> Cous Cous Veg: <input type="checkbox"/> Mexican Grilled Corn Cobbett's GF V <input type="checkbox"/> Black Bean Salsa GF V Dessert: <input type="checkbox"/> Snickerdoodle Cookies <input type="checkbox"/> Fresh Fruit V GF ♥ ♦ <input type="checkbox"/> Sugar Free Jell-O ♦
Meat 04/18 Saturday	App: <input type="checkbox"/> Chicken Tortilla Soup <input type="checkbox"/> Coleslaw Veg GF V ♥ ♦ Entrees: <input type="checkbox"/> Thai Basil Beef GF ♦ <input type="checkbox"/> Pan Fried Sole GF S: <input type="checkbox"/> Steak Fries V <input type="checkbox"/> Red Pepper Polenta GF Veg: <input type="checkbox"/> Asparagus GF V ♥ <input type="checkbox"/> Roasted Zucchini, Onion & Cherry Tomato GF V ♥ ♦ Dessert: <input type="checkbox"/> White Cake <input type="checkbox"/> Fresh Fruit V GF ♥ ♦ <input type="checkbox"/> Sugar Free Jell-O ♦
Dairy 04/19 Sunday	App: <input type="checkbox"/> Pasta Salad <input type="checkbox"/> Potato Salad Veg GF ♥ ♦ Entrée: Harissa Chicken Salad _{VEG} <input type="checkbox"/> White Fish w/ Mustard Dill Sauce _{GF ♥} <input type="checkbox"/> Spinach & Vegetable Quiche _{VEG ♥ ♦} S: <input type="checkbox"/> Hush Browns Potatoes <input type="checkbox"/> Breakfast Potatoes Veg: <input type="checkbox"/> Swiss Chard <input type="checkbox"/> Chateau Vegetables Blend Dessert: <input type="checkbox"/> Chef's Choice <input type="checkbox"/> Fresh Fruit V GF ♥ ♦ <input type="checkbox"/> Sugar Free Jell-O ♦ <input type="checkbox"/> Milk <input type="checkbox"/> None