



Name:

Apartment:

Codes V=Vegan Veg=Vegetarian GF =Gluten Restricted ♥=Heart Healthy ♦=Diabetic

• Bread Options: White, Wheat , Rye

<p>Meat</p> <p>04/27 Monday</p>	<p>App: <input type="checkbox"/> Romaine & Spring Mix Salad <input type="checkbox"/> Potato Salad GF VEG ♥♦</p> <p>Entrée: <input type="checkbox"/> Turkey Patties GF ♥♦ <input type="checkbox"/> Fish Tacos GF ♥</p> <p>S: <input type="checkbox"/> Spanish Rice <input type="checkbox"/> Sweet Potato Mash</p> <p>Veg: <input type="checkbox"/> Roasted Beets V GF VEG ♥♦ <input type="checkbox"/> Snap Peas V GF VEG ♥♦</p> <p>Dessert: <input type="checkbox"/> Sesame Ball <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> ♦Sugar Free Jell-O</p>
<p>Dairy</p> <p>04/28 Tuesday</p>	<p>App: <input type="checkbox"/> Soup Minestrone VEG <input type="checkbox"/> Coleslaw GF VEG ♥♦</p> <p>Entrée: <input type="checkbox"/> Citrus Poached Sole GF ♥♦ <input type="checkbox"/> Vegetable Cheese omelets VEG</p> <p>S: <input type="checkbox"/> Spanakopita <input type="checkbox"/> Scalloped Potato</p> <p>Veg: <input type="checkbox"/> Fried Okra <input type="checkbox"/> Garlic Mushrooms V GF VEG ♥♦</p> <p>Dessert: <input type="checkbox"/> Ice Cream <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> ♦Sugar Free Jell-O</p>
<p>Meat</p> <p>04/29 Wednesday</p>	<p>App: <input type="checkbox"/> Tossed Salad <input type="checkbox"/> Potato Salad GF VEG ♥♦</p> <p>Entrée: <input type="checkbox"/> Spaghetti and Meatballs ♦ <input type="checkbox"/> Tuna Steak GF ♥♦</p> <p>S: <input type="checkbox"/> Garlic Bread <input type="checkbox"/> Baked Potato</p> <p>Veg: <input type="checkbox"/> Roasted Eggplant V GF VEG ♥♦ <input type="checkbox"/> Collard Green V GF VEG ♥♦</p> <p>Dessert: <input type="checkbox"/> Lemon Sherbet <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> ♦Sugar Free Jell-O</p>
<p>Meat</p> <p>04/30 Thursday</p>	<p>App: <input type="checkbox"/> White Bean Soup <input type="checkbox"/> Coleslaw GF ♦</p> <p>Entrée: <input type="checkbox"/> Hot Dog W/ Sauerkraut ♦ <input type="checkbox"/> Honey & Soy Glazed Trout ♦</p> <p>S: <input type="checkbox"/> Deep Fried Mushrooms <input type="checkbox"/> Rice Pilaf</p> <p>Veg: <input type="checkbox"/> California Vegetable Blend V GF VEG ♥♦ <input type="checkbox"/> Broccoli V GF VEG ♥♦</p> <p>Dessert: <input type="checkbox"/> Cupcake <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> ♦Sugar Free Jell-O</p>
<p>Meat</p> <p>05/01 Friday</p>	<p>App: <input type="checkbox"/> Chef Salad <input type="checkbox"/> Potato Salad GF VEG ♥♦</p> <p>Entrée: <input type="checkbox"/> Roast Beef Italian Sandwich <input type="checkbox"/> Cod w/ Fennel Tomato Sauce GF ♥♦</p> <p>S: <input type="checkbox"/> Steak Fries <input type="checkbox"/> Polenta</p> <p>Veg: <input type="checkbox"/> Baby Carrots V GF VEG ♥♦ <input type="checkbox"/> Asparagus V GF VEG ♥♦</p> <p>Dessert: <input type="checkbox"/> Babka Cake <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦</p> <p><input type="checkbox"/> ♦Sugar Free Jell-O</p>
<p>Dairy</p> <p>05/02 Saturday</p>	<p>App: <input type="checkbox"/> Cream Of Mushroom Soup <input type="checkbox"/> Coleslaw GF ♦</p> <p>Entrée: <input type="checkbox"/> Cheese Quesadilla VEG <input type="checkbox"/> Tuna Melt GF ♦</p> <p>S: <input type="checkbox"/> Refried Beans <input type="checkbox"/> Creamy Corn</p> <p>Veg: <input type="checkbox"/> Fajita Vegetables V GF VEG ♥♦ <input type="checkbox"/> Bok Choy V GF VE GF ♥♦</p> <p>Dessert: <input type="checkbox"/> Chocolate Chip Ice Cream <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦</p> <p><input type="checkbox"/> ♦Sugar Free Jell-O</p>
<p>Dairy</p> <p>05/03 Sunday</p>	<p>App: <input type="checkbox"/> Kasha with Milk & Dry Fruits <input type="checkbox"/> Potato Salad GF VEG ♥♦</p> <p>Entrée: <input type="checkbox"/> Spinach & Cheese Turnover VEG ♦ <input type="checkbox"/> Fish & Chips</p> <p><input type="checkbox"/> Fried Green Tomato & Eggs Benedict</p> <p>S: <input type="checkbox"/> Cheesy Grits <input type="checkbox"/> Country Potatoes</p> <p>Veg: <input type="checkbox"/> California Vegetables V GF VEG ♥♦ <input type="checkbox"/> Maple Acorn Squash V GF VEG ♥♦</p> <p>Dessert: <input type="checkbox"/> Chef's Choice <input type="checkbox"/> Fresh Fruit V GF VEG ♥♦ <input type="checkbox"/> ♦Sugar Free Jell-O</p> <p><input type="checkbox"/> Milk <input type="checkbox"/> None</p>