WEEK OF MONDAY, DECEMBER 13

MONDAY
Entrée: Stuffed Chicken w/Broccoli & Cheese cal 290
Falafel Pita Wrap cal 330
Mashed Potatoes cal 214
Steamed Vegetables cal 15
Fresh Garden Salad cal 80

TUESDAY
Entrée: Beef Lasagna cal 310
Veggie Lasagna cal 440
Steamed Vegetables cal 15
Fresh Garden Salad cal 80

WEDNESDAY
Entrée: Homemade Beef Stew cal 292
Steamed Rice cal 121
Vegetable Egg Rolls cal 140
Steamed Vegetables cal 15
Fresh Garden Salad cal 80

THURSDAY
Entrée: Chicken Fried Chicken cal 220
Eggplant Parmesan cal 150
Macaroni and Cheese cal 310
Steamed Vegetables cal 15
Fresh Garden Salad cal 80

FRIDAY
Grilled Tilapia cal 128
Hummus w/Pita Bread cal 230
Rice Pilaf cal 183
Steamed Vegetables cal 15
Fresh Garden Salad cal 80