WEEK OF MONDAY, AUGUST 16

MONDAY
Homemade Beef Stew  cal 292
Steamed Rice  cal 121
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

TUESDAY
Entrée:  Chicken Fried Chicken  cal 220
         Mashed Potatoes  cal 214
         Falafel Pita Wrap  cal 330
         Steamed Vegetables  cal 15
         Fresh Garden Salad  cal 80

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

THURSDAY
Entrée:  Chicken Poblano  cal 680
         Steamed Rice  cal 121
         Steamed Vegetables  cal 15
         Fresh Garden Salad  cal 80

FRIDAY
Roasted Chicken  cal 170
Pesto Pasta  cal 192
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80