

# SHAKER HTS. M-O-W MEAL PLAN

## NOVEMBER- DECEMBER 2023

**\*HOT MEAL PLAN. EACH MEAL INCLUDES FRESH SALAD & WHOLE GRAIN BREAD.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEEF MARINARA SPAGHETTI PASTA MIXED VEGETABLES	TURKEY BREAST w/ GRAVY HERB STUFFING SOUTHERN GREEN BEANS	BREADED CHICKEN w/ LEMON CAPER SAUCE MASH POTATOES BUTTERED BROCCOLI	BAKED TILAPIA RICE PILAF ROASTED BRUSSEL SPROUTS	SHRIMP SCAMPI ALFREDO PASTA ROASTED APARAGUS MEDLEY	ORIENTAL CHICKEN VEG FRIED RICE LIMA BEANS	SMOTHERED CHICKEN MAC N CHEESE COLLARD GREENS
BBQ CHICKEN THIGHS GAREDN RICE PILAF BROCCOLI & CARROTS	STOGANOFF MEATBALLS PENNE PASTA GARLIC GREEN BEANS	OVEN FRIED CHICKEN LEGS LOADED MASH POTATOES SEASONED CAULIFLOWER	BATTERED COD ROASTED PESTO POTATOES BUTTERED CORN	CHICKEN FLORENTINE BUTTERED NOODLES STEAMED BROCCOLI	TURKEY W/ GRAVY DRESSING SOUTHERN GREEN BEANS	BBQ SMOKED TURKEY RICE & PEAS ROASTED BRUSSELS SPROUTS
CREOLE CHICKEN GUMBO WHITE RICE COLLARD GREENS	GRILLED CHICKEN SOFT TACOS ROASTED SWEET POTATOES CORN & BLACK BEANS	BBQ BEEF MEATBALLS BROCCOLI MAC N CHEESE LEMON PEPPER GREEN BEANS	CHICKEN & MUSHROOM MARSALA ALFREDO PASTA MIXED VEGETABLES	BREADED CATFISH CREAM RISOTTO BUTTERED BROCCOLI	BBQ SALMON MASH POTATOES CREAMED SPINACH	ITALIAN BEEF RAGU BUTTERED NOODLES GREEN PEAS
TURKEY PICCATA ROASTED POTATOES GREEN BEAN MEDLEY	CURRY CHICKEN YELLOW RICE CABBAGE & CARROTS	BRAISED BEEF & GRAVY EGG NOODLES BUTTERED BROCCOLI	TURKEY RICE CASSEROLE BUTTERED CORN SAUTEED ASPARAGUS	OVEN FRIED CHICKEN W/ CREAM GRAVY MAC n CHEESE COLLARD GREENS & CABBAGE	SHRIMP ETOUFFEE WHITE RICE SOUTHERN GREEN BEANS	BEEF BOLOGNESE PASTA PENNE MIXED VEGETABLES

# SHAKER HTS. M-O-W MEAL PLAN

## NOVEMBER- DECEMBER 2023

**\*COLD MEAL PLAN**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
TURKEY/SWISS/MAYO FRUIT COOKIE	EGG SALAD FRUIT CHIPS	BBQ CHICKEN W/ CHEDDAR FRUIT COOKIE	ROAST BEEF/ROASTED RED PEPPERS/PROVOLONE FRUIT CHIPS	CHICKEN SALAD FRUIT COOKIE	SOUTHERN BEAN CHOWDER FRUIT CHIPS	PESTO CHICKEN FRUIT COOKIE
TURKEY/SWISS/MAYO FRUIT COOKIE	EGG SALAD FRUIT CHIPS	BBQ CHICKEN W/ CHEDDAR FRUIT COOKIE	ROAST BEEF/ROASTED RED PEPPERS/PROVOLONE FRUIT CHIPS	CHICKEN SALAD W/ PICKLES FRUIT COOKIE	POTATO & SCALLION CHOWDER FRUIT CHIPS	PESTO CHICKEN FRUIT COOKIE
TURKEY/SWISS/MAYO FRUIT COOKIE	EGG SALAD FRUIT CHIPS	BBQ CHICKEN W/ CHEDDAR FRUIT COOKIE	ROAST BEEF/ROASTED RED PEPPERS/PROVOLONE FRUIT CHIPS	CHICKEN SALAD W/ PICKLES FRUIT COOKIE	CHICKEN NOODLE SOUP FRUIT CHIPS	PESTO CHICKEN FRUIT COOKIE
TURKEY/SWISS/MAYO FRUIT COOKIE	EGG SALAD FRUIT CHIPS	BBQ CHICKEN W/ CHEDDAR FRUIT COOKIE	ROAST BEEF/ROASTED RED PEPPERS/PROVOLONE FRUIT CHIPS	CHICKEN SALAD W/ PICKLES FRUIT COOKIE	BROCCOLI CHEDDAR SOUP FRUIT CHIPS	PESTO CHICKEN FRUIT COOKIE