

# SHAKER HTS. M-O-W MEAL PLAN

## SEPT- OCTOBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11</b> SWEDISH MEATBALLS BUTTERED PASTA STEAMED CAULIFLOWER	<b>12</b> TURKEY BREAST w/ GRAVY GLAZED CARROTS GREEN BEANS	<b>13</b> BBQ CHICKEN LEG MASH POTATOES CORN & PEAS	<b>14</b> CHICKEN PARMESAN ROASTED POTATOES MIXED VEGETABLES	<b>15</b> SHRIMP SCAMPI ALFREDO PASTA STEAMED BROCCOLI	<b>16</b> BBQ SALMON YELLOW RICE GARLIC LIMA BEANS	<b>17</b> SMOTHERED CHICKEN MAC N CHEESE COLLARD GREENS
<b>18</b> ROASTED CHICKEN THIGHS RED BEANS & RICE BROCCOLI & CARROTS	<b>19</b> ITALIAN MEATBALLS PENNE PASTA GARLIC GREEN BEANS	<b>20</b> TERIYAKI CHICKEN LEG RICE PILAF MIXED VEGETABLES	<b>21</b> BREADED BAKED CATFISH ROASTED POTATOES BUTTERED CORN	<b>22</b> BEEF STROGANOFF BUTTERED NOODLES BROCCOLI	<b>23</b> BAKED CHICKEN WINGS CHEDDAR MASH POTATOES SOUTHERN GREEN BEANS	<b>24</b> BBQ SMOKED TURKEY RICE & PEAS ROASTED BRUSSELS SPROUTS
<b>25</b> CREOLE SHRIMP GUMBO WHITE RICE COLLARD GREENS	<b>26</b> GRILLED CHICKEN SOFT TACOS ROASTED SWEET POTATOES CORN & BLACK BEANS	<b>27</b> BBQ BEEF MEATBALLS ROASTED RED SKIN POTATOES BUTTERED BROCCOLI	<b>28</b> CHICKEN & MUSHROOM MARSALA ALFREDO PASTA MIXED VEGETABLES	<b>29</b> FAJITA GRILLED CHICKEN w/ PEPPERS & ONIONS CREOLE RICE PINTO BEANS	<b>30</b> GLAZED SALMON MASH POTATOES CREAMED SPINACH	<b>OCT 1</b> GROUND LAMB RAGU BUTTERED NOODLES GREEN PEAS
<b>OCT 2</b> BAKED COD PESTO POTATOES GREEN BEAN MEDLEY	<b>OCT 3</b> CURRY CHICKEN YELLOW RICE CABBAGE & CARROTS	<b>OCT 4</b> ITALIAN BRAISED BEEF BOWTIE PASTA BUTTERED BROCCOLI	<b>OCT 5</b> TUNA RICE CASSEROLE BUTTERED CORN SAUTEED ASPARAGUS	<b>OCT 6</b> OVEN FRIED CHICKEN MAC n CHEESE COLLARD GREENS & CABBAGE	<b>OCT 7</b> SHRIMP ETOUFFEE WHITE RICE SOUTHERN GREEN BEANS	<b>OCT 8</b> BEEF BOLOGNESE BUTTERED NOODLES SAUTEED KALE & ONIONS

# SHAKER HTS. M-O-W MEAL PLAN

## SEPT- OCTOBER 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>
<b>11</b> TURKEY/SWISS/ TOMATO/MAYO FRUIT COOKIE	<b>12</b> EGG SALAD FRUIT CHIPS	<b>13</b> TURKEY BLT FRUIT COOKIE	<b>14</b> ROAST BEEF & CHEDDAR FRUIT CHIPS	<b>15</b> CHICKEN SALAD W/ PICKLES FRUIT COOKIE	<b>16</b> TOMATO SOUP & GRILLED CHEESE FRUIT CHIPS	<b>17</b> SLICED PESTO CHICKEN FRUIT COOKIE
<b>18</b> TURKEY/SWISS/ TOMATO/MAYO FRUIT COOKIE	<b>19</b> EGG SALAD FRUIT CHIPS	<b>20</b> TURKEY BLT FRUIT COOKIE	<b>21</b> ROAST BEEF & CHEDDAR FRUIT CHIPS	<b>22</b> CHICKEN SALAD W/ PICKLES FRUIT COOKIE	<b>23</b> BEEF CHILI & BEANS FRUIT CHIPS	<b>24</b> SLICED PESTO CHICKEN FRUIT COOKIE
<b>25</b> TURKEY/SWISS/ TOMATO/MAYO FRUIT COOKIE	<b>26</b> EGG SALAD FRUIT CHIPS	<b>27</b> TURKEY BLT FRUIT COOKIE	<b>28</b> ROAST BEEF & CHEDDAR FRUIT CHIPS	<b>29</b> CHICKEN SALAD W/ PICKLES FRUIT COOKIE	<b>30</b> CHICKEN NOODLE SOUP FRUIT CHIPS	<b>OCT 1</b> SLICED PESTO CHICKEN FRUIT COOKIE
<b>OCT 2</b> TURKEY/SWISS/ TOMATO/MAYO FRUIT COOKIE	<b>OCT 3</b> EGG SALAD FRUIT CHIPS	<b>OCT 4</b> TURKEY BLT FRUIT COOKIE	<b>OCT 5</b> ROAST BEEF & CHEDDAR FRUIT CHIPS	<b>OCT 6</b> CHICKEN SALAD W/ PICKLES FRUIT COOKIE	<b>OCT 7</b> BROCCOLI CHEDDAR SOUP FRUIT CHIPS	<b>OCT 8</b> SLICED PESTO CHICKEN FRUIT COOKIE