

RESURRECTION MONTHLY LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Whole Grain Turkey And Cheese Lasagna Roll Up Broccoli, Cauliflower & Beans 100% Blended Juice	Western Style Omelet in Western Sauce w/Tomatoes and Onions Whole Wheat Roll Potatoes Strawberry Applesauce	Three Bean Chili Whole Grain Bun Squash Mix 100% Apple Juice	Meatloaf w/Gravy Whole Grain Bun Stewed Tomatoes Potatoes Mandarin Orange Cup	Sesame Chicken Whole Wheat Roll Broccoli, Cauliflower & Carrots Applesauce Cup
WEEK 2	Chicken in Teriyaki Sauce Brown Rice Carrots Stir Fry Vegetables Peach Cup	Mac & Beef Casserole Whole Wheat Roll Spinach Broccoli, Carrots & Zucchini 100% Apple Juice	Honey Mustard Chicken Whole Wheat Roll Potatoes Carrots, Peas & Corn Pear Cup	Three Bean Beef Chili Whole Grain Bun Squash Mix 100% Blended Juice	2 slices Whole Grain Pizza Carrots Celery Ranch Dressing Pineapple Cup
WEEK 3	Hamburger on Whole Grain Bun Carrots Potato Wedges Applesauce Cup	Baked Chicken Brown Rice Spinach Black Eyed Peas Citrus Fruit Cup	Whole Grain Breaded Fish Filet Mashed Potatoes Carrots, Peas & Corn 100% Grape Juice	Chicken & Brown Rice mixed with Corn, Peppers, Onions and Tomatoes Pinto Beans Mandarin Orange Cup	Meatballs & Sauce over Whole Grain Rotini Noodles Whole Wheat Roll Italian Flat Beans Pineapple Cup
WEEK 4	Whole Grain Twisted Mac & Cheese Whole Wheat Roll Carrots Beans & Peppers Applesauce Cup	Chicken Sausage & Bean Dish Whole Wheat Roll Sweet Potatoes 100% Blended Juice	Tomato Meat Sauce & Pasta Whole Wheat Roll Italian Vegetable Blend Mandarin Orange Cup	Chicken Parmesan Whole Wheat Roll Spinach Potatoes 100% Apple Juice	2 Slices Whole Grain Pizza Carrots Celery Ranch Dressing Pineapple Cup