



# MENU

## HEART HEALTHY

**Potato Pollock**, Brown Rice, Broccoli, Mixed Fruit, Wheat Bread, Milk

**Veal Piccata**, California Vegetable Blend, Roasted Potatoes, Mandarin Oranges, Sunflower Seeds, Milk

**Pot Roast w/ Gravy**, Baked Potato, Peas, Wheat Bread, Orange Juice, Milk

**Jamaican Pork Roast**, Key West Vegetable Blend, Mashed Potatoes, Wheat Bread, Diced Pears, Orange Juice, Milk

**Turkey Breast w/ Gravy**, Roasted Sweet Potatoes, Peas & Corn, Pineapple Bits, Milk

**Beef Stew**, Diced Carrots, Sliced Apples, Corn Bread, Milk

**Chicken & White Bean Chili**, Broccoli, Corn, Corn Bread, Applesauce, Milk

**Herb Marinated Chicken**, Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk

**Chicken & Broccoli Casserole**, Capri Vegetables, Wheat Bread, Mandarin Oranges, Milk

**Chicken Parmesan**, Key West Vegetables, Roasted Potatoes, Baked Apple w/ Cherries & Almonds, Sunflower Seeds, Milk

**Southwest Pasta w/ Turkey**, Corn, Peas, Pineapple Bits, Milk

**Vegetable Lasagna**, Peas, Diced Carrots, Wheat Roll, Pineapple Bits, Milk

**Spaghetti w/ Tomato Sauce & Meatballs**, California Blend Vegetables, Green Beans, Diced Peaches, Milk

**Chicken & Noodles**, Roasted Potatoes, Broccoli, Wheat Roll, Diced Pears, Milk

**Indiana Style Chili Mac**, Green Beans, Applesauce, Diced Carrots, Milk

**Country Ham & Beans**, Collard Greens, Diced Carrots, Whole Wheat Crackers, Mixed Fruit, Milk

**Eggs & Sausage**, Shredded Wheat, Maple Sweet Potatoes, Mixed Fruit, Milk

**Pollock Almondine**, Turnip Greens, Baked Potato, Diced Peaches, Milk

**Braised Beef**, Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk