

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>4</b> Vegetarian lasagna Caesar salad</p> <p><b>Fruit</b> Oatmeal cookie Melba toast and cream cheese</p>	<p><b>5</b> Beef and broccoli Steamed white rice</p> <p><b>Fruit</b> Yogurt Cheese stick</p>	<p><b>6</b> Salisbury steaks Potatoes and carrots</p> <p><b>Fruit</b> Yogurt Pita with hummus</p>	<p><b>7</b> Minestrone soup Tuna pita Cucumber slice</p> <p><b>Fruit</b> Bran muffin Cheddar rice cake</p>	<p><b>8</b> Roasted chicken thighs Potato and corn niblets</p> <p><b>Fruit</b> Yogurt Banana loaf</p>
<p><b>11</b> Cheese tortellini rosée Vegetable and dip</p> <p><b>Fruit</b> Apple sauce Goldfish</p>	<p><b>12</b> Chili Con Carne Brown rice</p> <p><b>Fruit</b> Melon mix Cereal</p>	<p><b>13</b> Bean and Barley soup Turkey sandwich Celery</p> <p><b>Fruit</b> Nutrigrain Vegetable and dip</p>	<p><b>14</b> Shake and bake chicken Mashed potato and broccoli</p> <p><b>Fruit</b> Peach applesauce Cheese and crackers</p>	<p><b>15</b> Filet of sole Brown rice and vegetables</p> <p><b>Fruit</b> Yogurt carrot bread</p>
<p><b>18</b> Meat lasagna Garden salad</p> <p><b>Fruit</b> Apple muffin Bread and cream cheese</p>	<p><b>19</b> Chicken brochette Greek salad Pita with tzatziki</p> <p><b>Fruit</b> Yogurt Cheese stick</p>	<p><b>20</b> Pea soup Scrambled egg crepe and hashbrown</p> <p><b>Fruit</b> Oatmeal cookie Pita with hummus</p>	<p><b>21</b> Salmon paella Veggie rice</p> <p><b>Fruit</b> Snap peas Cheddar rice cake</p>	<p><b>22</b> Chicken Parmesan on noodles with veggies</p> <p><b>Fruit</b> Yogurt marble cake</p>
<p><b>25</b> Cheese and spinach cannelloni Caesar salad</p> <p><b>Fruit</b> Apple sauce Blueberry muffin</p>	<p><b>26</b> Chicken and vegetable stir-fry Oriental noodles</p> <p><b>Fruit</b> Melon mix Cereal</p>	<p><b>27</b> Beef stew-bun Garden salad</p> <p><b>Fruit</b> muffin Vegetable and dip</p>	<p><b>28</b> Turkey with mashed potatoes and peas</p> <p><b>Fruit</b> Quinoa and cranberry cookie Cheese and crackers</p>	<p><b>29</b> Lentil soup Croissant cheese Tomato and cucumber salad</p> <p><b>Fruit</b> Yogurt Zucchini loaf</p>