

February 26



Monday	Tuesday	Wednesday	Thursday	Friday
2 1 cup Chili con Carne w/ beans 1 square Cornbread 1/2 cup side salad melon	3 1 cup Turkey Pot Pie 2/3 cup corn 1/2 cup sliced peaches	4 1 cup Pork Stir Fry 1 cup Brown Rice 1/2 cup Pineapples chefs choice of dessert	5 4 oz Volcanic Meatloaf 1/2 cup Potatoes Au Gratin 1/2 cup Brussel Sprouts 1/2 cup spiced apples	6 1 cup Minestrone Soup Turkey Sandwich ww 1/2 cup Peas 1/2 cupfruit cocktail
9 1 cup Chicken & Noodles 1/2 cup cooked carrots 1/2 cup Cabbage 1/2 fruit cocktail	10 1 cup Taco Soup with cheese crackers 1/2 cup corn 1/2 cupfruit cocktail	11 2 oz Chicken Fajitas with shredded cheese 3/4 cup three bean salad 1/2 cup strawberries 1 oz Angel Food Cake	12 1oz Sausage on Biscuit 1/2 cup hashbrowns 1/2 cup cooked apples 3/4 cup orange juice	13 6 oz Baked Fish 2/3 cup Cuban black beans and rice 1 cup Side Salad 1/2 cup applesauce
16 closed	17 1 cup Potato Soup w/ cheese 6 oz ham slice 1/2 cup peas 1/2 cup peaches	18 1 cup Beef Stew WW Roll 1/2 cup pineapple tidbits chefs choice of dessert	19 1 cup Pinto Beans 1 2 in sq cornbread 1/2 cup cooked greens 1/2 cup potatoes and onions orange	20 1/2 cup Chicken Alfredo 1/2 cup ww noodles 1/2 cup Broccoli 1/2 cup Carrots 1/2 cup pears
23 Chef's Choice	24 4oz Salisbury Steak WW Roll 1/2 cup Mashed Potatoes 1/2 cup Winter Greens 1/2 cup applesauce	25 1 cup Tuna & Noodles 1/2 cup lima Beans 1/2 cup cabbage 1/2 cup Fruit salad	26 1 cup Chicken Vegetable soup Turkey Sandwich 1/2 cup raw celery sticks 1/2 cup pears Pears	27 Polish Sausage on WW Bun 1/2 cup Sauerkraut 1/2 cup Boiled Potatoes 1/2 cup Baked beans 1/2 cup fruit cocktail

Meals are prepared by the kitchen staff. All meals are prepared by WW Boss. Suggested portioning is 30 per meal.