



8 WEEK CYCLE FROZEN MOW MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 1					
Turkey Dinner w/Gravy (W, E, M, S) Stuffing (M, W, E, S) * <u>Whipped Yams (M)</u> Green Beans	Chicken Fajita (S) over Rice Whole Kernel Corn * California Vegetables	Oven Baked Fish (F) w/Lemon Sauce (W, M) Potatoes O'Brien * Fiesta Vegetables	Salisbury Steak (M, S, W) w/Gravy (M, S, W) * Garlic Mashed Potatoes (M) <u>Italian Vegetables</u> Green Peas	Cheese Ravioli (E, M, W) w/Shredded Cheese (M) & Marinara Sauce * Broccoli <u>Bean Medley</u>	1/2 gallon milk (M) 5 oatmeal packets (T, W, S, M, E) 5 fruits/juices
WEEK 2					
Creamy Mushroom Chicken over (S, M) Brown Rice (T, W, S, M, E) * California Vegetables Whole Kernel Corn	Potato Crusted Fish (F, M, W) Scalloped Potatoes * Fiesta Vegetables Green Beans	Spaghetti & Meatballs (S, W, M) * Winter Vegetables <u>Carrots</u>	BBQ Chicken (S) Potato Nuggets * <u>Collard Greens</u> <u>Mixed Vegetables</u>	Sesame Mustard Pork (M, S, W, E, F, P, SF, T) * Mashed Potatoes (M) <u>Scandinavian</u> <u>Vegetables</u>	5 beverage packets Ritz crackers (S, W) 5 fruits/juices
WEEK 3					
Turkey Chili w/Beans Potato Nuggets (S) * Broccoli	Creamy Tuna (F) over Noodles (W) * Brussels Sprouts <u>Mixed Vegetables</u>	 Oven Fried Chicken * <u>Whipped Yams</u> Green Beans Succotash	Broccoli Beef over Rice * Seasoned Cabbage <u>Carrots</u>	Cheese Omelet (E, M) w/Shredded Cheddar (M) <u>Spinach</u> Red Potatoes	1/2 gallon milk (M) 1 loaf of whole-wheat bread (S, W) 5 fruits/juices
WEEK 4					
Cheesy Potato Soup (M, W, S) * Fiesta Vegetables Green Peas	Meatloaf (S, W) w/Gravy (M, S, W) * Mashed Potatoes (M) <u>Italian Vegetables</u> Stewed Tomatoes (T, W, S, M, E)	Sweet & Sour Meatballs (S, W, M) over Steamed Rice <u>Carrots</u> * Broccoli	Salmon Patty (F) w/Dill Sauce (W) over Rice * Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian (W, S, E, F, M, P, SF, T) over Asian Noodles (W) <u>Scandinavian</u> <u>Vegetables</u> * Steamed Cabbage	5 beverage packets 5 oatmeal packets (T, W, S, M, E) 5 fruits/juices

Top 8 Allergens (Key): Milk (M), Egg (E), Wheat (W), Peanut (P), Tree Nut (T), Soy (S), Fish (F), Shellfish (SF)

Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 5- 1/10					
Cheese & Green Chili Tamale (M) * Fiesta Vegetables Stewed Tomatoes (T, W,S, M, E)	Turkey a la King (M, W, S) over Biscuit (M, W) * Broccoli <u>Scandinavian Vegetables</u>	Herb Fish (F) over Wild Rice * Seasoned Cabbage <u>Mixed Vegetables</u>	Beef Lo Mein (W, M, S, E, F, P, SF, T) * California Vegetables Green Beans	Chicken Marsala (S, W, E, M) * Mashed Potatoes (M) <u>Italian Vegetables</u> Green Peas	1/2 gallon milk (M) whole-grain animal crackers (S, W) 5 fruits/juices
WEEK 6- 1/17					
BBQ Pork Rib Patty (S) * over Mashed Potatoes (M) <u>Bean Medley</u> Applesauce	Beef Parmesan (M, S, W) over Pasta (W) Marinara Italian Green Beans * California Vegetables	Creamy Mushroom Chicken (S, M) over Rice <u>Carrots</u> * Brussels Sprouts	Potato Crusted Fish (F, M, W) Scalloped Potatoes * Fiesta Vegetables Green Beans	Jambalaya (M, W, S, E, T) w/Turkey Ham <u>Spinach</u> * Winter Vegetables	5 beverage packets 1 loaf of whole-wheat bread (W, S) 5 fruits/juices
WEEK 7- 1/24					
Buffalo Chicken Drumsticks (2) * Garlic Mashed Potatoes (M) <u>Scandinavian Vegetables</u>	Cheese Omelet (E, M) w/Shredded Cheddar (M) <u>Spinach</u> Red Potatoes	Beef Macaroni (W, T, S, M, E) Green Peas * California Vegetables	Chicken & White Bean Chili (M) * Broccoli <u>Carrots</u>	Creole Steak (M, W, S, E, T) over Rice * Fiesta Vegetables Green Beans	1/2 gallon milk (M) whole-grain graham crackers (S, W) 5 fruits/juices
WEEK 8- 1/31					
Salmon Patty (F) w/Dill Sauce (W) over Rice * Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian (W, S, E, F, M, P, SF, T) over Asian Noodles (W) <u>Carrots</u> * Steamed Cabbage	 Bean & Cheese Burrito (M, S, W) w/Enchilada Sauce Mexicali Corn * Broccoli	Swedish Meatballs (S,W M) * over Mashed Potatoes (M) <u>Scandinavian Veg</u> Stewed Tomatoes (T, W,S, M, E)	Turkey Divan (M, W, S) over Rice Green Peas * California Vegetables	5 beverage packets 1 loaf of whole-wheat bread (S, W) 5 fruits/juices

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