***Eating the Healthy Way with “Healthy Jay” !***



LUNCH DINNER

Monday, 11/11 Tossed salad (greens, assorted veggies, Pulled beef w/gravy

Lite dressing) Couscous, Red Quinoa, and vegetable blend

Deli sandwich (whole wheat bread, reduced fat mayo, Key West blend veggies

Turkey, provolone cheese, lettuce, tomato, red onion, Yogurt

Pepper rings, oregano) Apple

Skim Milk Skim milk

Apple

Tuesday, 11/12 Chicken Rice Soup House Smoked Chicken Quarter

Turkey breast sandwich on whole-wheat Tuscan whole grain penne w/tempeh

Peas and carrots Baked potato

Banana Cascade blend veggies

Skim milk

Wednesday, 11/13 Tossed salad (greens, vegetables, lite dressing) Caribbean style fish

Gluten Free Black bean burger w/guacamole Sweet Potato Stew

Sicilian blend vegetables Broccoli

Skim milk Yogurt

Apple Orange

Skim milk

Thursday, 11/14 French onion soup Grilled Chicken Breast

Apple Wood Smoked BBQ Pork Cantonese Vegetable blend

Red Quinoa vegetable blend Sautéed Asian Cabbage

Green beans Skim milk

Fresh Banana Banana

Skim milk

Friday, 11/15 Maryland Crab Soup Grilled Chicken Breast

Tossed salad (carrots, cucumber, tomatoes, red onion, chicken) Buttered Noodles

w/lite dressing Sugar Snap Peas

Banana Key West Blend Veggies

Skim milk Apple & Skim Milk