Monday, October 29, 2018

soup: chicken noodle soup
   corn chowder
whole+sum:
   herb crusted grilled chicken
   cilantro rice
   green herb dried cherry salad
   fruit medley

Tuesday, October 30, 2018

soup: italian wedding soup
   baked stuffed potato soup
whole+sum:
   texas pot roast
   brown rice
   fresh steamed broccoli

Wednesday, October 31, 2018

soup: clam chowder
   southwest tortilla
whole+sum:
   asian beef stir fry
   brown rice
   spicy green beans

Thursday, November 01, 2018

soup: chicken noodle
   baked stuffed potato soup
whole+sum:
   chicken adovada with tortilla
   latin black beans
   corn and roasted red peppers

Friday, November 02, 2018

soup: broccoli cheddar
   chicken florentine
whole+sum:
   new orleans cobb salad

2000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.