

**8 WEEK CYCLE FROZEN MOW MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>In Addition</b>
<b>WEEK 1</b>					
Turkey Dinner w/Gravy Stuffing * <u>Whipped Yams</u> Green Beans	Chicken Fajita over Rice Whole Kernel Corn * <u>California</u> <u>Vegetables</u>	Oven Baked Fish w/Lemon Sauce * Potatoes O'Brien Fiesta Vegetables	Salisbury Steak w/Gravy * Garlic Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Cheese Ravioli w/Alfredo Sauce * <u>Broccoli</u> * Stewed Tomatoes	1/2 gallon milk 5 oatmeal packets 5 fruits/juices
<b>WEEK 2</b>					
Creamy Mushroom Chicken over Brown Rice * <u>California</u> <u>Vegetables</u> Whole Kernel Corn	Potato Crusted Fish * Scalloped Potatoes Fiesta Vegetables Green Beans	Spaghetti & Meatballs * Winter Vegetables <u>Carrots</u>	BBQ Chicken * Potato Nuggets <u>Mixed Vegetables</u> Zucchini	Cheese Omelet w/Shredded Cheddar * <u>Spinach</u> * Red Potatoes	5 beverage packets Ritz crackers 5 fruits/juices
<b>WEEK 3</b>					
Turkey Chili w/Beans * Potato Nuggets Zucchini	Creamy Tuna over Noodles * <u>Broccoli</u> <u>Mixed Vegetables</u>	Oven Fried Chicken * <u>Whipped Yams</u> Green Beans Succotash	Broccoli Beef over Rice * Seasoned Cabbage <u>Carrots</u>	Cheese Lasagna Roll-Up w/Cheese Diced Beets * Winter Vegetables	1/2 gallon milk 1 loaf of whole-wheat bread 5 fruits/juices
<b>WEEK 4</b>					
Macaroni & Cheese * Stewed Tomatoes Green Beans	Meatloaf w/Gravy * Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Sweet & Sour Meatballs over Steamed Rice <u>Carrots</u> * <u>Broccoli</u>	Salmon Patty w/Dill Sauce over Rice * Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian over Asian Noodles <u>Scandinavian</u> <u>Vegetables</u> * Steamed Cabbage	5 beverage packets 5 oatmeal packets 5 fruits/juices