

**Winter Growth, Inc.  
September 2021**

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
Spinach Mushroom Quiche (2 eggs per serving/3 oz. Mushrooms/3 oz. Spinach) ½ c. Brown Rice ¾ c. Steamed Carrots 2 slices WW bread ½ c. Diced Pineapple	3 oz. Tuna Melt on 1 slice Wheat Bread ½ c. Wild Rice 1 c Beets 1 c Green Beans ½ c. Ice Cream	3 oz. Hawaiian Chicken 1 c. Green Beans ½ c. Rice ½ c. Glazed Carrots 36 gr. Multigrain Roll ½ c. Pears	Beef Stroganoff (4 oz. Beef/4 oz. Mushrooms) <b>Meatballs</b> ½ c. Wild Rice Pilaf ½ c. Greens Beans ½ c. Cauliflower 36 gr. Dinner Roll 25 gr. Angel Food with 4 oz. Berries.	4 oz. Tilapia <b>Fish Sticks</b> 1 c. Roasted Red Potatoes ¾ c. Zucchini 50 g. WW Bread ¾ c. Fruit Cup with 2 oz. Yogurt	4 oz. Bourbon St. Chicken ½ c. Black Eye Peas ½ c. Rice 1 c. Collard Greens 25 g. Dinner Roll ½ c. Peach Cobbler	<b>3 oz. Baked Chicken</b> <b>½ c. WW Pasta</b> <b>1 c. Yellow Squash/Zucchini</b> <b>25 gr. Garlic bread</b> <b>1/2 c. Strawberries</b>
<b>Oven Fried Fish</b> <b>Mashed Sweet Potatoes</b> <b>Green Beans</b> <b>1 slice WW bread</b> <b>Fresh Fruit w. Cookie</b>	<b>Chicken Pot Pie</b> <b>Chicken Kebabs</b> <b>Kale</b> <b>Ice Cream</b>	<b>Lasagna</b> <b>Tortellini/Ravioli</b> <b>Zesty Three Bean Salad</b> <b>Broccoli</b> <b>Multigrain Rolls</b> <b>Baked Apple Crisp</b>	<b>Chicken Tenders</b> <b>Mashed Potatoes</b> <b>Spinach</b> <b>Yogurt Cup</b>	<b>Pulled Chicken BBQ on a Whole Wheat Bun</b> <b>With Baked Beans</b> <b>Coleslaw</b> <b>Tropical fruit salad</b>	<b>Manicotti</b> <b>Mixed Greens</b> <b>Mixed Vegetables</b> <b>Multi Grain Roll</b> <b>Fresh Fruit Mix</b>	<b>Reuben Sandwich</b> <b>French Fries</b> <b>Steamed Broccoli</b> <b>Fruit Cocktail</b>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
3 oz. Sweet & Sour Meatballs w. ½ c. Pineapple Chunks ½ cup Wild Rice Pilaf ½ c Green Beans 2 slice WW bread ½ c Fresh Fruit	1 c Chicken Tagine (3 oz. Chicken with ½ c. Couscous & Dried Fruit) <b>Chicken Tenders/Nuggets</b> 1 c Braised Cabbage ½ c Corn 36 gr. Corn Muffin ½ c. Mandarin Oranges	¾ c. Beef (3 oz.) Stew <b>No rice sub Crackers</b> ½ c. Steamed Rice ½ c. Broccoli & ½ c. Cauliflower 50 g. Garlic Toast ½ c. Sliced Apples	3 oz. Chicken 1/2 c. WW pasta ½ c. Steamed Carrots 36 gr, Dinner Roll ½ c. Fruit	3 oz. Salisbury steak w. Mushroom Gravy <b>Low Salt Hotdog cut up</b> ½ c. Roasted Sweet Potato ½ c. Spinach 2 slices WW bread ½ c Fruit	4 oz. Turkey Ham & 4 oz. Bean Soup <b>Cut-up in squares</b> ½ c. Steamed Carrots 2 slices WW bread ½ c. Fresh Tomatoes & Cucumbers Ice Cream	<b>3 oz Oven Fried Chicken</b> <b>Chicken Tenders/Nuggets</b> <b>4 oz. Baked French Fries</b> <b>½ C. Peas &amp; Carrot</b> <b>1 Biscuit</b> <b>Strawberries with Pound Cake</b>
<b>Vegetable Soup</b> <b>½ Chicken Salad</b> <b>Sandwich</b> <b>On WW bread</b> <b>Roasted Potato Salad</b> <b>Low Fat Ice Cream</b>	<b>Baked Fish</b> <b>Green Beans</b> <b>Red Potatoes</b> <b>Fresh Fruit</b> <b>Oatmeal Cookie</b>	<b>Chicken Ziti</b> <b>Green Peas</b> <b>Garlic toast</b> <b>Brownies</b>	<b>Turkey Meatball Sub</b> <b>Baked French Fries</b> <b>Zesty 3 Bean Salad</b> <b>Cottage Cheese</b> <b>Fruit Cup</b>	<b>Tuna Pasta Salad</b> <b>With Vegetables</b> <b>Multi Grain Roll</b> <b>Mandarin Oranges</b>	<b>Sloppy Joe on Burger Roll</b> <b>Meatballs</b> <b>Vegetable Medley</b> <b>Ice Cream</b>	<b>Vegetable Soup</b> <b>Toasted Cheese</b> <b>Sandwich</b> <b>on WW Bread</b> <b>Fresh Fruit</b>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
1 c. Chicken Sausage Pasta (2 oz. chicken/1 oz. sausage, ½ c. pasta) ¼ c. Steamed Green Beans with ¼ c. Tomatoes 62 gr. Corn Muffin ½ c. Pineapple/ 2 oz. Cookie	3 oz. Pork Lo Mein ½ c. Steamed Carrots ½ c. Braised Kale/Collard Greens 2 slices WW bread 1 c. Mandarin Oranges	3 oz Tilapia <b>Fish Sticks</b> ½ cup Brown Rice ½ c. Kidney Beans ½ c. Yellow Squash ½ c. Zucchini 36 gr. Dinner Roll ½ c. Ice Cream	3 oz. Chicken Kebabs ½ c. WW Pasta 1 c Roasted Butternut Squash 36 gr. Dinner Roll ½ c Fresh Fruit	1 C. Lentil Stew (lentils, tomatoes, celery) <b>Hard boiled eggs</b> <b>Cherry Tomatoes</b> ½ c Green Beans ½ c. Steamed Rice 3.6 oz. Cornbread ½ c. Peaches & Cream	1 c. Cannellini & Sausage Stew (3 Oz. sausage/3 oz. Beans (3 oz. Carrots & Celery) Deli Meat Sandwich on 2 slices WW bread Oatmeal Cookie	<b>3 oz. Honey Glazed Chicken Breast</b> <b>½ C. Steamed Potatoes</b> <b>½ C. Cauliflower Crowns</b> <b>Ice Cream Sandwich</b>

<b>Deli Turkey Sandwiches on 2 slices WW bread Carrot Raisin Salad Low Salt Potato Chips Pudding Cup</b>	<b>Chicken Salad Diced Chicken Broccoli Cheese w/ Crackers Multi Grain Roll Spice Cake</b>	<b>Hoppin John (Rice/Turkey Sausage Bell/Peppers/Black Eyed Peas) Steamed Vegetable Medley 1 slice WW bread Fresh Fruit</b>	<b>Vegetable Tomato Soup Grilled Ham &amp; Cheese 2 slices WW Bread Peas Fruit Gelatin</b>	<b>Tortellini Broccoli Multi Grain Roll Spiced Peaches Ginger Cookie</b>	<b>Thin Sliced Beef/Swiss Melt 1 slice WW English Muffin Potato Salad Pineapple Slices</b>	<b>3 Cheese Macaroni Bake Grilled Cheese Sandwich Tomato and Cucumber Salad Fruit Salad 1 Dinner Roll Pudding</b>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
3 oz. Jerk Chicken 1 c. Peas & ½ c. Rice ½ c. Braised Cabbage 36 gr. Dinner Roll ½ Apricot Halves	4 oz. Quiche (Lorraine or Spin/Cheese) ½ c. Green Salad ½ c. Green Peas 62 gr. Corn Muffin 4 oz. Peaches	3 oz. Chicken Quesadilla (3 oz. peppers & onions) ½ c. BBQ Pinto Beans ½ c. Apple Coleslaw 25 gr. Tortilla ½ c. Apple Sauce w/ 25gm graham crackers	3 oz. Cod Cake ½ c. Long Grain & Wild Rice 1 c. Roasted Root Vegetables 36 gr. WW roll ½ cup Fresh Melon	3 oz. Chicken Cacciatore 1 c. Carrots ½ c. Fettuccini 2 slices WW bread ½ c. Apple Sauce	4 oz. Beef Tenders With Mushroom Gravy ½ c. Fingerling Potatoes ¾ c. Mixed Vegetables 50 gr. Dinner roll ¾ c. Fruit Salad	<b>1 c. Portabella Mushroom Ravioli (4 oz. Mushrooms) ½ c. Baby Carrots 36 gr. Dinner Roll 4 oz. Fig Bar</b>
<b>3 oz. Fish Fillet Cole Slaw Oven Fries 1 slice WW bread Angel Food Cake Mixed Berries</b>	<b>Egg Salad on a Croissant Hard Boiled Eggs Baked French Fries Broccoli Brownie</b>	<b>Meat Loaf Brown Rice Cabbage Multi Grain Roll Sherbet- Small Cookie</b>	<b>Naan Pizza Steamed Broccoli Tomato Cucumber Salad Italian Ice</b>	<b>Pork Chops Steamed Rice Peas &amp; Carrots Pound Cake</b>	<b>Broccoli Cheese Casserole Steamed Veg. Medley Multi Gain Roll Fig Bar</b>	<b>Turkey Wrap Turkey Sandwich Sweet Potato Fries Coleslaw Fruit Cup</b>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday	Saturday	Sunday
Chicken (3 oz.) stir fry (1/4 c. peppers & onions) 1 c. Brown rice/ scallions ½ c. Broccoli, ¼ c. Carrots, ¼ cup Snow Peas ½ c. Mandarin Oranges	4 oz. Ham and Cheese 2 slices Rye Bread 4 oz. Wedge Fries ¾ c. Coleslaw ¾ c. Fresh Fruit	3 oz. Roast Turkey Breast 4 oz. Roasted Sweet Potatoes ¾ c. Peas & Pearl Onions 2 slices WW bread ¾ c. Peaches with Whipped Cream	4 oz. Lemon Dill Cod <b>Fish Sticks</b> ½ c. Brown Rice ¾ c Red Beans 25 gr Dinner Roll ¾ c. Pears	Spaghetti w. Meat sauce ( 3 oz. meat, ½ c. Pasta) 1 c. Spinach 50 gr. Garlic bread ½ c. Blackberries and Strawberries	3 oz. Chicken Marsala ½ c. Penne Pasta ¾ c. Braised Cabbage 36 g. Dinner Roll ¾ c. Apple & Pear Slices	<b>Roasted Pork Potatoes O' Gratin Green Beans 1 slice WW bread Ice Cream</b>
<b>Tuna Melt Rice Pilaf Garden Peas Ice Cream Cup</b>	<b>Italian Sausage &amp; Peppers Steamed Rice Mixed Vegetables Fruit Cocktail</b>	<b>Tuna Fish Sandwich Lettuce &amp; Tomato 2 Slices WW Bread Cole Slaw Broccoli Potato Chips Fig bar &amp; Apple Sauce</b>	<b>Italian Meatball Sub On WW Roll Green Beans Ice Cream</b>	<b>Baked Tilapia Roasted Redskin Potato Peas/Carrot Medley 1 slice WW bread Yogurt Fruit cups</b>	<b>Beef Patty On WW Bun Wedge Fries Carrots &amp; Cauliflower Fruit Cup</b>	<b>Vegetable Soup Turkey and Swiss Melt 2 slices WW bread Fresh Fruit Cookie</b>

KEY: WW-Whole Wheat  
Chix-Chicken Br-Brown