

Winter Growth, Inc.
APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
1 c Chicken & Sausage Jambalaya (4 oz. Chicken/Sausage) 4 oz. Brown Rice 1 c Turnip Greens 43 gr WW Roll ½ c Peaches	Philly Cheesesteak (4 oz. Beef, 1.5 oz. Cheese) on 56 gr WW Roll ½ c Roasted Potatoes ½ c Carrots ½ c Pineapple	4 oz. Shrimp Creole ½ c. Brown Rice ½ c Corn ½ c Asparagus ½ c Pears	4 oz. Honey Mustard Chicken ½ c Mashed Potatoes 1 c Spinach 2-31 gr (1 oz) WW Bread Baked Cookie	3 oz. Boneless BBQ Pork Riblette ½ c (1oz) Macaroni & Cheese 1 c. Collard Greens ½ c WW Penne Pasta 43 gr (1 oz) WW Roll ½ c Pineapple	Swedish Meatballs (4 oz.) ¾ c. Three Bean Salad ½ c. Egg Noodles ¾ c Tropical Fruit	3 oz. Beef & Cheddar Burger ½ c Baked Beans 1 c Coleslaw 50 g Burger Roll ½ c. Cherry Cobbler
Oven Fried Fish French Fries Green Peas 1 slice WW bread Fresh Fruit w. Cookie	Chicken Pot Pie (RKH-Garden Salad) Potato Wedges Fresh fruit	Lasagna Green Beans Multigrain Rolls Baked Apple Pie	Hoppin John (Rice/Turkey Sausage Bell/Peppers/Black Eyed Peas) Steamed Vegetable Medley WW bread Ice Cream Cup	Baked Cod Roasted Redskin Potato Peas/Carrot Yogurt Fruit cups	Tortellini with Pesto Tomato Cucumber Salad Angel Food Cake Roll	Chicken Strips French Fries Carrots Dinner Roll Fruit Cocktail
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
3oz Turkey Meat Loaf 1 c Garden Peas ½ c (1 oz.) Brown Rice 36 gr (1 oz) WW Roll 49 gr Pound Cake ½ c Berries Whipped Topping	3 oz. Chicken Stir-fry w/ (½ c. Straw Mushrooms ½ c. Sliced Carrots ½ c. Baby Corn) on ½ c (1 oz.) Brown Rice 36 gr (1 oz) WW Roll ¾ c. Sherbet	1 c. Beef Veg Stew (3 oz. beef, ½ c Carrots/Celery, potatoes) ¼ c Green Peas 1 c (2 oz.) WW Egg Noodles 1 c Baked Apples	4 oz. Tilapia ½ c. (1 oz) WW Penne 1 c. Broccoli & ½ c. Cauliflower Mix 31 gr (1 oz) WW Bread Italian Ice	4 oz. Curry Chicken 1 c (4 oz.) Brown Rice ½ c Carrots ½ c Braised Cabbage Naan bread (1/2 slice) ½ C Pineapple	3 oz. Salisbury Steak ¾ c. Collard Greens ½ c. Mashed Potatoes ½ c. Mixed Berries 30 gr. WW Bread	Baked Chicken Roasted Potatoes Mixed Vegetables Whole Wheat Bread Ice Cream Cup
Baked Fish Collard Greens Red Potatoes Fresh Baked Cookie	Italian Sausage Sandwich with Peppers & Onions (RKH-Hoagie roll) Penne Pasta Green Beans Tiramisu	Pork Chops Cornbread Stuffing Spinach Multi Grain Roll Angel Food w/ Strawberry Topping	Beefy Cheese & Macaroni Bake Fruit Salad on Red Lettuce Green Peas WW bread Pudding	Vegetable Soup Chicken Salad Sandwich w. Tomato on WW Bread Yogurt Cup	Tuna Casserole Steamed Carrots Southern Biscuit Applesauce 8 oz. 1% Milk	Manicotti (RKH-Mixed Greens) Broccoli Multi Grain Roll Fresh Fruit Mix
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
3oz Baked Glazed Ham 4 oz. Baked Potatoes 1 c. Green Beans ½ c. Mushrooms 2-31 gr (1 oz) WW Bread Brownie	4 oz. Baked Cod ½ c Brown Rice ½ c Green Peas ½ c Glazed Baby Carrots 31 gr (1 oz) WW Bread ½ c Pears	4 oz. BBQ Pork ¾ c. Sweet Potatoes ½ c. Baked Beans 4 oz. Macaroni & Cheese ½ c. Fresh Melons	Chix Quesadilla (4 oz. chicken/cheese) ¾ c Black Beans/Corn ½ c Mexicali Brown Rice with ¼ c. Peppers & Onions 32 g (1 oz) WW Tortilla ¾ c Fruit Cup	4 oz. Jerk Chicken w/ 2 oz. Pineapple Salsa 1 c Red Beans ½ c Basmati Rice 43 gr (1 oz) WW Roll ½ c. Mandarin Oranges	4 oz. Open Face Roast Beef Sandwich 4 oz. Mashed Potatoes 1 c. Carrot Salad 4 oz. Ice Cream Cup with ½ c. Strawberries	4 oz. Chicken & Rice Casserole ½ c Green Beans 36 gr Roll ½ c Sliced Apples

Beef Sloppy Joes WW Burger Bun French Fries Steamed Spinach (RKH-Spring Mix Salad) Sherbet	Minestrone Soup Pasta Salad Cauliflower Topped w. Cheese Multi Grain roll Sliced Apples	Turkey Fillet Mashed Potatoes Broccoli Multi Grain Roll Small Cookie	Reuben Sandwich Three Bean Salad French Fries Sherbet Cup	Tuna Fish Salad (RKH-Lettuce) Tomato Cucumber Salad Roll Diced Peaches	Breaded Eggplant WW Pasta Spinach Garlic Bread Pears	Tomato Soup Turkey BLT on Whole Wheat Bread Fruit Cup
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
Beef & Broccoli Stir Fry (3 oz. beef, ¼ c Broccoli) ¼ c Water Chestnuts ¼ c Baby Corn ½ c (1 oz.) Brown Rice 43 gr (1 oz) WW Roll 1 c Pineapple	1 c Turkey Chili (4 oz. Ground Turkey) ½ c Pinto Beans ½ c Corn 1 c Brown Rice Cornbread ½ c Applesauce	3 oz. Parmesan Chicken 1 c Broccoli & Carrots ½ c WW Fettuccini 31 gr (1 oz) WW Bread ½ c Fruit Cocktail	4 oz. Pork Chop ½ c (1 oz.) Brown Rice ½ c Zucchini 1 c Squash 43 gr (1 oz) WW Roll Angel Food Cake	1 c Shrimp Etouffee (4 oz. Shrimp, ¼ c peppers, onions) ½ c. Brown Rice ¾ c Braised Cabbage ½ c Mandarin Orange	4 oz. Oven Fried Chicken 4 oz. Herbed Pasta ½ Peas ½ c Pears	Beef Chili Franks French Fries Mixed Vegetables Hot Dog Buns Ice Cream Cup
Rotini Pasta with Roasted Vegetables Cauliflower and Carrots Multigrain Rolls Pears	Chicken Tenders Baked Beans Potato Salad (RKH-Caesar Salad) Roll Brownie	Beef Burgers On Roll Coleslaw French Fries Sherbet	Baked Cod Collard Greens Mashed Potatoes Fresh Fruit w/ Whipped Topping	Spaghetti & Meatballs Steamed Spinach Multi Grain Roll Pudding Cup	Stuffed Peppers Roasted Potatoes Multi Grain Roll Sugar Free Jell-O	BBQ Pulled Chicken Au Gratin Potatoes Lima Beans & Corn Pineapple Upside Down Cake
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday
4 oz. Crab Cake ½ c Red Potato ½ c Broccoli ½ c Cauliflower 2-31 gr (1 oz) WW Bread ½ c. Sliced Peaches	4 oz. Baked Chicken 1 c Asparagus ½ c WW Penne 43 gr (1 oz) WW Roll ½ c Pears	4 oz. Turkey Breast ½ c Brown Rice ½ Spinach ½ c Butternut Squash 31 gr (1 oz) WW Bread ½ C Peaches	4 oz. Salisbury Steak ½ c Mashed Potatoes ½ c Peas ½ c Corn 2-31 gr (1 oz) WW Bread Baked Cookie	4 oz. Sweet Sour Pork ½ c (1 oz.) Fried Brown Rice ½ c Carrots ½ c Cauliflower 31 gr (1 oz) WW Bread ½ c Oranges	6 oz. Stuffed Peppers ¾ c. Sweet Potatoes ¾ c. Cauliflower 36 gr. Whole Wheat Roll ¾ c. Fresh Fruit	4 oz. Open Face Turkey Sandwich ½ c Mashed Potatoes 1 c Stewed Tomatoes 2-31 gr WW Bread Ice Cream
Lentil Soup Sliced Deli Turkey Sandwich Mixed Vegetables Yogurt	Stuffed Shells Green Beans Multigrain Rolls Fresh Fruit w. Whipped Topping	Salmon Croquettes Broccoli Rice Dinner roll Brownies	Cheese Ravioli Spinach Multi Grain roll Oatmeal Cookie	Beef Stew w/ Potatoes Brussels Sprouts WW Roll Ice Cream	Tuna Casserole Broccoli Applesauce Brownie	BBQ Beef Vegetable Pasta Salad Multigrain Rolls Jell-o Cup

Winter Growth does not discriminate on the basis of age, race, religion, ethnic origin, disability, or sexual orientation in eligibility for or the provision of any of its services.
Meals are high in whole grains and meet state guidelines for lower-salt content and reduced fat. 8 oz. of 1% milk is served during every meal.

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