

**Winter Growth, Inc.
SEPTEMBER 2022**

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
Chicken (3 oz.) stir fry (1 C vegetables: ½ c. Broccoli, ¼ c. Carrots, ¼ cup Snow Peas) 1 c. (2 oz) Brown rice/ scallions ½ c. Mandarin Oranges	2 oz. Ham and 1 oz Cheese on 2-31 gr (1 oz) WW Bread ½ c. Wedge Fries ½ c. Coleslaw ½ c. Fresh Fruit	3 oz. Roast Turkey Breast 4 oz. Roasted Squash ¾ c. Green Beans 2-31 gr (1 oz) WW Bread ¾ c. Peaches with Whipped Cream	4 oz. Lemon Dill Cod ½ c. (1 oz) Brown Rice ¾ c Red Beans 43 gr (1 oz) WW Roll ¾ c. Pears	Spaghetti 1 c. (2 oz) WW Pasta topped w/ 3 oz Ground Turkey and 2 oz Tomato Sauce 1 c. Spinach Garlic bread ½ c. Blackberries and Strawberries	3 oz Hawaiian Chicken ½ c. Penne Pasta ¾ c. Mixed Veggies 36 g. Dinner Roll ¾ c. Apple & Pear Slices	Roasted Pork Potatoes O' Gratin Green Beans 1 slice WW bread Ice Cream
Tuscan Beans w/Tuna (cannellini beans, grape tomatoes, Kalamata olives, canned tuna) Roll Ice Cream Cup	Italian Sausage & Peppers Steamed Rice Mixed Vegetables Fruit Cocktail	Chicken Pot Pie Kale Ice Cream	Pork Posole Stew ½ c. Brown Rice ½ c. Asparagus Brownie a la Mode	Broccoli Rice Casserole Steamed Veg. Medley Multi Gain Roll Fig Bar	Beef Patty On WW Bun Wedge Fries Carrots & Cauliflower Fruit Cup	Turkey and Swiss Melt Pickle Spears 2 slices WW bread Fresh Fruit Cookie
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
4 oz. Spinach and Cheese Quiche (1 C eggs, ½ C cheese) ½ c. Green Peas 2-31 gr (1 oz) WW Bread 1 C Peaches	1 ½ C. Tuna Pasta Salad (3oz Tuna, ½ C Tomatoes, ½ C Pasta) 31 gr (1 oz) WW Bread 1 c Green Beans ½ c. Ice Cream	3 oz. Bruschetta Chicken 1 c. Asparagus ½ c. (1 oz) Angel Hair Pasta 43 gr (1 oz) WW Roll ½ c. Pears	3 oz Beef Burger 43 gr (1 oz) WW Roll ½ c. Potato Salad ½ c. Greens Beans ½ c. Cauliflower Angel Food with ½ c. Berries.	4 oz. Tilapia ½ c. WW Egg Noodles ¾ c. Zucchini 2-31 gr (1 oz) WW Bread ¾ c. Fruit Cup with ¼ C Yogurt	½ c. Ham Salad on Croissant 1 c. Collard Greens 25 g. Dinner Roll ½ c. Peach Cobbler	3 oz. BBQ Chicken ½ c. WW Pasta 1 c. Yellow Squash/Zucchini 25 gr. Garlic bread 1/2 c. Strawberries
Spaghetti w/ Meat Sauce Green Peas Garlic toast Brownies	Philly Cheesesteak Sub On WW Roll Squash Ice Cream	Lasagna Zesty Three Bean Salad Broccoli Multigrain Rolls Baked Apple Crisp	Fried Fish Sandwich on roll Sweet Potato Fries Coleslaw Fresh Fruit w. Cookie	Pulled Pork BBQ on a Whole Wheat Bun With Baked Beans Coleslaw Tropical fruit salad	Italian Meatball Sub On WW Roll Green Beans Ice Cream	Reuben Sandwich French Fries Steamed Broccoli Fruit Cocktail
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
3 oz. Sweet & Sour Meatballs w. ½ c. Pineapple Chunks ½ cup (1 oz) Wild Rice ½ c Green Beans 2-31 gr (1 oz) WW Bread ½ c Fresh Fruit	Shrimp Fried Rice (1/2 C. rice) Egg roll 1 c. Spinach 31 gr (1 oz) WW Bread ½ c Fresh Fruit	3 oz. Pork Roast 1 c Braised Cabbage ½ c Corn 57 gr (2 oz) Buttermilk Roll ½ c. Mandarin Oranges	3 oz. Baked Fish ½ C (1 oz) WW Penne 1 c. Steamed Carrots 31 gr (1 oz) WW Bread ½ c. Fruit	1 c. Beef Kabobs (3 oz. beef, ¼ C Peppers and Onions) 1 C (2 oz) Rice ½ c. Broccoli & ½ c. Cauliflower ½ c. Sliced Pineapple	4 oz. Turkey on 2 slices WW bread 4 oz. Bean Soup ½ c. Steamed Carrots ½ c. Fresh Tomatoes & Cucumbers Ice Cream	3 oz Oven Fried Chicken 4 oz. Baked French Fries ½ C. Peas & Carrot 1 Biscuit Strawberries with Pound Cake

Tuna Pasta Salad With Vegetables Multi Grain Roll Mandarin Oranges	3 oz. Salisbury steak w. Mushroom Gravy ½ c. Roasted Sweet Potato Fresh Fruit	½ Grilled Chicken Salad Sandwich On WW bread Roasted Potato Salad Low Fat Ice Cream	Sloppy Joe on Burger Roll Baked French Fries Zesty 3 Bean Salad Cottage Cheese Fruit Cup	Monkfish 'Lobster' Roll Coleslaw Potato Chips Watermelon Slices	Ham & Cheese Quiche Vegetable Medley Ice Cream	Cold Tomato Soup Toasted Cheese Sandwich on WW Bread Fresh Fruit
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
3 oz. Pork Lo Mein ½ c. Steamed Carrots ½ c. Braised Kale/Collard Greens 2-31 gr (1 oz) WW Bread ½ c. Mandarin Oranges	3 oz. Chicken Kebabs ½ c. (1 oz) Wild Rice 1 c Yellow Squash 31 gr (1 oz) Naan Bread ½ c Fresh Fruit	1 C. Lentil Soup (1 ½ C lentils) 1 c Peas 1 C (2 oz) Brown Rice Cornbread ½ c. Peaches & Cream	1 ½ c. Hoppin John (3 oz. turkey sausage, ½ C Black Eyed Peas and ½ C Rice) ½ c. Steamed Green Beans 43 gr (1 oz) WW Roll ½ c. Pineapple Cookie	3 oz Tilapia 1 C (2 oz) Brown Rice ½ c. Kidney Beans ½ c. Yellow Squash ½ c. Zucchini 57 gr (2 oz) Buttermilk Roll ½ c. Ice Cream	1 c. Chili (3 oz. sausage/3 oz. Beans/2 oz hominy, pepers and onions) Corn Tortillas w/ Melted Cheese Oatmeal Cookie	3 oz. Fish Sticks ½ C. Coleslaw ½ C. Green Beans Ice Cream Sandwich
Penne with Sun-Dried Tomato Pesto Garlic Bread Pudding Cup	Tuna Salad Broccoli Cheese w/ Crackers Multi Grain Roll Spice Cake	Turkey Tacos on Flour Tortilla Mexican Rice Sliced Tomatoes Fresh Fruit	Chicken Wrap (sautéed vegetables and cheese) Spinach Salad Yogurt Cup	Ham and Potato Casserole WW Bread Peas Fruit Gelatin	Thin Sliced Beef/Swiss Melt 1 slice WW English Muffin Potato Salad Pineapple Slices	Macaroni Bake Cucumber Salad Fruit Salad 1 Dinner Roll Pudding
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday	Sunday
3 oz. Jerk Chicken w/ Pineapple Salsa 1 C Red Beans ½ C (1 oz) Wild Rice 43 gr (1 oz) WW Roll ½ C Apricot Halves	3 oz. Pork Tenderloin ½ c. (1 oz) Brown Rice ½ c. Spinach ½ c. Steamed Carrots 31 gr (1 oz) WW Bread ½ c. Diced Pineapple	3 oz. Pineapple Salmon ½ c. (1 oz) Jasmine Rice ½ C. Cuke/Watermelon Salad 1 c. Green Beans 43 gr (1 oz) WW Roll	Chix Quesadilla (3 oz chicken/cheese) ¾ C Blk Beans/Corn ½ C (1 oz) Mexicali Brown Rice 32 g (1 oz) WW Tortilla ¾ C Fruit Cup ½ cup Fresh Melon	4 oz. Beef Tenders With Mushroom Gravy ½ c. Fingerling Potatoes ¾ c. Mixed Veggies 50 gr. Dinner roll ¾ c. Fruit Salad	¾ C Chicken Cacciatore 1 c. Carrots ½ c (1 oz) WW Fettuccini 31 gr (1 oz) WW Bread ½ c. Apple Sauce	1 c. Mushroom Ravioli w/ Alfredo Saiuce ½ c. Baby Carrots 36 gr. Dinner Roll 4 oz. Fig Bar
3 oz. Fish Fillet Cole Slaw Oven Fries 1 slice WW bread Angel Food Cake Mixed Berries	Egg Salad on a Croissant Baked French Fries Broccoli Brownie	Turkey Wrap Sweet Potato Fries Coleslaw Fruit Cup	Pizza Garlic Bread Tomato Cucumber Salad Italian Ice	Pork Chops Steamed Rice Green Beans Pound Cake	Spaghetti w/ Garlic Shrimp Peas/Carrot Medley 1 slice WW bread Yogurt Fruit cups	Turkey Meat Loaf Brown Rice Cabbage Multi Grain Roll Sherbet- Small Cookie

*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