

Winter Growth, Inc.
NOVEMBER 2022

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
3oz Turkey Meat Loaf 1 C Garden Peas ½ C (1 oz) Brown Rice 28 gr (1 oz) WW Roll Pound Cake ½ C Berries Whipped Topping	1 c. Lentil & Sausage Stew (1/2 c. Lentil & 3 oz. Sausage) ½ C Cauliflower 2-28 gr WW Bread ½ C Apple Sauce	1 c. Vegetarian Chili (3 oz. beans, ¼ C Tomatoes) ½ C Tortilla Chips ½ C Rice ¾ C Creamed Corn 1 C Apricots	Sloppy Joe (3oz Gr Beef) on 56 gr WW Roll ½ C Sweet Potato Fries 1 C Roasted Brussels Sprouts ½ C Pears	3 oz. Baked Tilapia ½ c. Jasmine Rice ½ c Carrots ½ c Braised Red Cabbage 2 oz. WW Dinner Roll ½ c Pineapple	3 oz. Baked Ham ¾ c Au Gratin Potatoes ¾ c Green Beans 36 gr. Dinner Roll 1 slice Pineapple Upside Down Cake	3 oz Boneless Chicken Quarters W. Gravy ½ C Broccoli Crowns ½ C (1 oz) Stuffing ½ C Sherbet
1 C Beef Stroganoff ½ C Egg Noodles ½ C Corn Garlic Naan Bread 2-Oatmeal Cookies	Oven Fried Haddock ½ C Red Potatoes ½ C Broccoli w/Cheese Sauce Multi Grain Roll Brownie	Boneless Chicken Breast Green Beans Red Potato Salad Sliced Peaches	Pork Chops 1 C Applesauce 1 C Carrots & Peas Yellow Cake w/ Frosting	1 C Vegetable Soup Grilled Cheese Sandwich on WW bread ½ C Fruit in Jello	3oz Salisbury Steak ½ c. Mashed Sweet Potatoes 1 c. Collard Greens Pudding	1 C Butternut Squash Soup ½ c. Baked Spinach Casserole Oyster Crackers Pound Cake
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
Pork Posole (3oz Pork, ¼ c Corn) 1 C Roasted Squash 2-28 gr WW Bread ½ c Tropical Fruit Salad	Cheese Lasagna 4.5oz w/ (3oz Cheese, ¼ c Noodle) 1 c Glazed Baby Carrots 50 gr Garlic Bread ½ c Tropical Fruit Salad	1 c. Beef Veg Stew (3 oz. beef, ¼ C Carrots/ Celery, potatoes) ¾ C Cauliflower 2-28 gr WW Bread 1 C Baked Apples	3oz Salmon on bed of ½ c Lentils ½ c Mashed Potatoes ½ c Green Peas 2-28 gr WW Bread ½ c Pears	3oz Jerk Chicken with Pineapple Salsa 1 c Red Beans ½ c Steamed Rice 28 gr Roll 4 oz Plantains	1 C Corn Chowder Soup ½ C Green Beans and Mushrooms Roll 2-Chocolate Chip Cookie	3oz Chicken Parmigiana Roll ½ c Green Peas ½ c Applesauce
1 C Beef & Cheeseburger Pie ½ C Peas Cornbread ½ C Peach Slices	Cajun Fish Fillet 1 C Roasted Sweet Potatoes Roll ½ C Mandarin Oranges	Teriyaki Chicken Tenders ½ C Jasmine Rice ½ C Green Beans Tapioca Pudding	BBQ Pork on Burger Roll ½ C Baked Beans ½ C Coleslaw ½ C Baked Apples w/ Streusel Topping	Stuffed Portobello Mushroom Cheesy Garlic Bread Gingerbread Cookie w/ Ice Cream Cup	Spaghetti w. Meat Sauce 1 c Broccoli Crowns Garlic Bread Fruit Parfait	Tuna Tetrizzini Naan Bread 1 C Mixed Veggies Spice Cake
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
Penne Tomato Florentine (½ c Penne, ¼ c Spinach) ¾ c 3 Bean Salad ¾ c Baby Corn 28 gr Roll ½ c Pineapple	1 c. Beef Ragout (4 oz Beef, ½ c. Tomatoes, Onions/Peppers) ½ C Collard Greens ½ c WW Egg Noodles 34 g. Cornbread 1 c Peaches	Fish & Chips (4 oz Breaded Fish, 4 oz. Baked Fries) ½ c Beets 2-25 gr WW Bread ½ c Mandarin Oranges	4 oz Baked Chicken Breast 1 c Broccoli Crowns ½ c Macaroni & Cheese 25 gr WW Bread ½ c Apricots	3 oz Pork Tenderloin ½ c Stuffing 1 c Carrots 36 gr Roll Angel Food Cake with ½ c Strawberries	4 oz Chicken Pot Pie ½ c Mashed Sweet Potatoes ½ c Baked Beans 28 gr WW Bread ½ c Pears	Beef Shepherd's Pie (½ c Mashed Potatoes/Vegetables 4 oz. Beef) 28 gr WW Roll ½ c Pineapple

3oz Cod Cake 1 c Green Beans 1 c Mashed Potatoes Oatmeal Cookie	3oz Chicken Cordon Bleu ½ c Asparagus ½ Baked Sweet Potato Lemon Pie	Italian Sausage Peppers and Onions ½ c Hot Red Potato Salad ½ c Peas Italian Ice	½ c Egg Salad Croissant ½ C Baked French Fries ½ c Lima Beans Brownie	Open-faced Tacos (gr beef, veggies, cheese, WW tortilla) 1 c Refried Beans Fruit Parfait	1 c Minestrone Soup 1 c Creamed Spinach WW Roll Sugar Cookie	4 oz. Oven Fried Chicken 1 c Collard Greens 1 c Coleslaw WW Roll ½ c Fruit Cocktail
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
4 oz Baked Cajun Tilapia 1 c Red Potato ½ c Peas 2-28 gr WW Bread Angel Food Cake ½ c Strawberries	¾ C Shrimp Etouffee (3oz Shrimp, ¼ c tomatoes, peppers, onions) ½ c Rice ¾ c Braised Cabbage 36 gr Roll ½ c Pears	3 oz Sweet & Sour Pork ½ c Fried Brown Rice ½ c Carrots ½ c Cauliflower 28 gr WW bread ½ c Mandarin Oranges	4 oz. Turkey Breast 1 c Green Bean Casserole ½ c Corn ½ c Stuffing 36 gr WW Roll ½ C Cranberry Sauce Apple/Pumpkin Pie	3 oz Hot Roast Beef Sandwich on 2-25 gr WW bread 1 c. Carrot Salad 4 oz. Ice Cream Cup with ½ C Strawberries	1 c Reuben Sandwich on 28 gr WW bread ¾ c Coleslaw Brownie	3 oz. Chicken Strips ½ c Mashed Potatoes 1 c Corn 28 gr WW Roll Ice Cream
1 c Chili Verde (Pork) ½ c Tortilla Chips 1 c Green Beans ½ c Sherbet	½ c Tuna Salad On English Muffin ½ c Warm Potato Salad 1 c Mixed Greens Gingerbread	1 c Beefy Cheese & Macaroni Bake ½ c Creamed Spinach Ice Cream Cup	1 c Cheese Ravioli ½ c Squash Garlic Bread Spice Cake	1 c Chicken Casserole ½ c Baked Beans 1 c Mashed Sweet Potatoes Apple Pie	1 c Lentil Soup 1 c Green Beans 28 gr WW Roll Brownie	1 c Vegetable Lasagna ½ c Asparagus WW Roll ½ c Fruit Salad
Monday 28	Tuesday 29	Wednesday 30	Thursday	Friday	Saturday	Sunday
3 oz Pot Roast ½ c Scallop Potatoes ½ c Roasted Beets 2- 25 gr WW bread ½ c Pears	3 oz Fish Steak ½ c Brown Rice ½ c Collard Greens ½ c Creamed Corn 28 gr WW bread ½ c Apricots	1 c Chicken & Sausage Jambalaya (3 oz. Chicken and Sausage, ½ c Rice, ¼ c Gr Peppers/Onions) ¾ c Turnip Greens 28 gr WW Roll ½ c Peaches	3 oz Boneless BBQ Pork Riblette ½ c Macaroni & Cheese 1 c Asparagus 28 gr WW bread ½ c Pineapple	Beef & Broccoli Stir Fry (4 oz. beef/½ c Broccoli) ¼ c Water Chestnuts ¼ c Baby Corn ½ c Basmati Rice 36 gr Roll ½ c Applesauce	Tomato Soup Open Faced Swiss Melt (1oz Swiss, 1-25 gr WW bread) 1 c Three Bean Salad ½ c Mandarin Oranges	3 oz. Reuben on 2 Slices Rye ½ c Baked Beans ½ c Coleslaw ½ c Slice Apples
1 c Hoppin John (¼ c Rice/3oz Turkey Sausage Bell/Peppers/Black Eyed Peas) Garlic Bread Ice Cream Cup	1 Stuffed Peppers 28 gr Naan Bread Apple Cobbler	30z Philly Cheesesteak On WW Roll 1 c Red Potato Salad ½ c Fruit Parfait	3oz Fish Sticks ½ c French Fries ½ c Garden Peas Angel Food Cake ¼ c Mixed Berries	3oz Folded Chicken Quesadilla (WW tortilla) ¾ C Black Beans & Hominy Key Lime Pie	3oz Turkey Fillet 1c Brussels Sprouts ½ c Cornbread Stuffing Chocolate Cream Pie	Manicotti w/ Pesto Sauce ½ c Green Beans ½ c Glazed Carrots Chocolate Chip Cookies

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. This institution is an equal opportunity provider.

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