

**Winter Growth, Inc.**

**May 2023**

**\*\*All Meals are served w/8 oz 1% Milk**

| Monday 1   | Tuesday 2  | Wednesday 3   | Thursday 4   | Friday 5  | Saturday 6  | Sunday 7  |
|--|--|---|--|---|---|---|
| 3 oz Swedish Meatballs<br>½ c Brown Rice<br>1 c Turnip Greens<br>1 oz WW Roll<br>½ c Peaches   | 4 oz Shrimp Creole<br>1 c WW Spaghetti Noodles<br>½ c Corn<br>½ c Asparagus<br>½ c Pears                                 | 1 c Chicken & Sausage Jambalaya (3 oz Chicken/Sausage)<br>½ c Brown Rice<br>1 c Turnip Greens<br>1 oz WW Roll<br>½ c Applesauce               | 3 oz Boneless BBQ Pork Riblette<br>1 c WW Macaroni & Cheese<br>1 c Collard Greens<br>½ c Pineapple                                 | 1 c Penne Tomato Florentine (½ c Penne, ¼ c Spinach)<br>¾ c 3 Bean Salad<br>¾ c Baby Corn<br>1 oz WW Roll<br>½ c Apricots | 3 oz Beef & Cheddar Burger<br>2 - 28 g WW Burger Roll<br>½ c Baked Beans<br>1 c Coleslaw<br>½ c Cherry Cobbler                  | 1 c SW Pork Stew (3 oz pork, onions, gr peppers)<br>½ c Sweet Potatoes<br>½ c Gr Beans<br>2 oz WW Roll<br>½ c Fruit |
| 1 c Hoppin John (Rice/Turkey Sausage Bell/Peppers/Black Eyed Peas)<br>½ c Steamed Vegetable Medley<br>2 slices WW bread<br>½ c Ice Cream | 1 c Vegetable Lasagna (1 oz cheese, ½ c veg, ½ c pasta)<br>1 c Green Beans<br>1 oz Multigrain Roll<br>Apple Pie          | Philly Cheesesteak (3 oz. Roast Beef, 1.5 oz. Cheese, 2 oz WW Roll)<br>½ C Roasted Potatoes<br>½ c Carrots<br>Marble Cake                     | 3 oz Oven Fried Fish<br>½ C French Fries<br>½ Green Peas<br>2 slices WW bread<br>½ c Pudding w. Whipped Topping                    | 1 c Chicken Pot Pie (2 oz crust, ½ c chicken, ½ c vegetables)<br>1 c Potato Wedges<br>1 Slice Cherry Pie                  | 3 oz Honey Mustard Chicken<br>½ c Mashed Potatoes<br>1 c Spinach<br>2 oz WW Roll<br>Chocolate Chip Cookie                       | 1 c Tortellini with Pesto<br>1 c Tomato Cucumber Salad<br>2 oz Chick Peas<br>Angel Food Cake<br>2 oz WW Roll        |
| Monday 8   | Tuesday 9  | Wednesday 10  | Thursday 11  | Friday 12   | Saturday 13   | Sunday 14   |
| 3oz Turkey Meat Loaf<br>1 c Garden Peas<br>1 c Brown Rice<br>Pound Cake<br>½ c Strawberries<br>Whipped Topping                           | 4oz BBQ Pork<br>¾ c. Sweet Potatoes<br>½ c Baked Beans<br>½ c Macaroni & Cheese<br>2 oz WW Dinner Roll<br>½ c Cantaloupe | 1 c Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes)<br>1 c Carrot Salad<br>1 oz Saltine Crackers<br>1 oz WW Bread<br>1 c Baked Apples | 3 oz Hot Roast Beef Sandwich w/gravy<br>1 oz WW Bread<br>½ c Mashed Potatoes<br>½ c Beets<br>Ice Cream Cup with<br>½ c Blueberries | 3 oz Baked Cajun Tilapia<br>1 c Br Rice Pilaf<br>½ c Green Beans<br>½ c Roasted Red Pepper<br>½ c Pears                   | 3oz Ham Steak<br>1 c Broccoli<br>½ c Creamed Corn<br>2 oz WW Roll<br>Apple Pie  | 3oz Baked Chicken<br>1 c Scalloped Potato<br>1 c Mixed Vegetables<br>1 oz WW Bread<br>Ice Cream Cup                 |
| 3oz Beef Piccata<br>½ c WW Spaghetti Noodles<br>1 c Spinach<br>1 oz Garlic Bread<br>Italian Ice  | 3oz Baked Fish<br>½ c Collard Greens<br>1 c Red Potatoes<br>2 oz WW Roll<br>Fudge Cookie                                 | 3oz Chicken Tenders<br>1 c Potato Salad<br>½ c Lima Beans<br>2 oz WW Roll<br>Brownie  | 3oz Pork Chops<br>1 c Cornbread Stuffing<br>1 c Asparagus<br>Angel Food w/<br>Chocolate Sauce                                      | 1 c Chicken Noodle Soup<br>Grilled 2oz Cheese Sandwich on WW Bread 2oz<br>½ c Green Beans<br>½ c Pudding                  | 1 c Beefy Cheese & Macaroni Bake<br>1 c Fruit Salad on<br>½ c Red Lettuce<br>Oatmeal Cookie                                     | 1 c Eggplant Parmigiana<br>½ c WW Pasta<br>1 c Spinach<br>1 oz Garlic Bread<br>½ c Fruit Cocktail                   |
| Monday 15  | Tuesday 16   | Wednesday 17  | Thursday 18  | Friday 19   | Saturday 20   | Sunday 21   |
| 4 oz. PorkLoin<br>½ c (1 oz.) Brown Rice<br>½ c Zucchini<br>1 c Squash<br>1 oz WW Roll<br>½ c Applesauce                                 | Cheese Quesadilla (1oz cheese)<br>¾ c Black Beans/Corn<br>½ c Mexicali Rice<br>1 oz WW Tortilla<br>¾ c Mixed Fruit Cup   | 1 c Beef Veg Stew (3oz. beef, ½ c Carrots/ Celery, potatoes)<br>¼ c Green Peas<br>1 c (2 oz.) WW Egg Noodles<br>1 c Baked Apples              | 4 oz Baked Cod<br>1 c Couscous<br>½ c Green Beans<br>½ c Beets<br>1 oz WW Bread<br>½ c Pears                                       | 4 oz Jerk Chicken w/<br>2 oz Pineapple Salsa<br>1 c Red Beans<br>½ c Basmati Rice<br>1 oz WW Roll<br>½ c Mandarin Oranges | 1 c Oven Ratatouille (1 c Eggplant, Squash, Tomatoes)<br>2 oz Deviled Eggs<br>½ c Spinach<br>2-1 oz Garlic Bread<br>½ c Pudding | 4 oz Chicken & Rice Casserole<br>1 c Green Beans<br>1 oz WW Roll<br>½ c Peach Cobbler                               |

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| 3 oz Beef Sloppy Joes<br>2 oz WW Burger Bun<br>1 c French Fries<br>½ c Lima Beans<br>1 c Sherbet  | 1 c Tuna Tetrizzini<br>¾ c Steamed Carrots<br>1 c Green Salad<br>2 oz Southern Biscuit<br>Lemon Bar  | 3 oz Turkey Fillet<br>1 c Roasted Red Potatoes<br>½ c Broccoli<br>1 Multi Grain Roll 2 oz<br>Chocolate Chip Cookie        | Reuben Sandwich (2oz<br>meat)<br>On WW Bread 2oz<br>1 c Three Bean Salad<br>½ c WW Sun Chips<br>Cherry Pie                           | 1 c Manicotti<br>2 oz Chick Peas<br>1 c Tomato and<br>Cucumber Salad<br>Multi Grain Roll 2 oz<br>Tiramisu    | 1 c Pork & Potato<br>Casserole<br>½ c Peas<br>2 oz WW Roll<br>Yellow Cake w/<br>Frosting  | 1 c BBQ Beef<br>1 c Vegetable Pasta<br>Salad<br>2 oz Multigrain Rolls<br>Jell-o Cup  |
| Monday 22   | Tuesday 23   | Wednesday 24  | Thursday 25  | Friday 26  | Saturday 27   | Sunday 28  |
| 1 c Vegetarian Chili<br>(3 oz Pinto Beans, ¼ c<br>Tomatoes)<br>½ c Tortilla Chips<br>½ c Brown Rice<br>¾ c Creamed Corn<br>½ c Apricots | 1 c Beef & Broccoli Stir<br>Fry (3 oz beef, ¼ c<br>Broccoli)<br>½ c Straw Mushrooms<br>¼ c Baby Corn<br>½ c WW Rotini<br>1 oz WW Roll<br>½ c Pineapple | 1 c Shrimp Etouffee (4<br>oz. Shrimp, ¼ c<br>peppers, onions)<br>½ c Brown Rice<br>¾ c Red Cabbage<br>½ c Mandarin Orange | 3 oz Chicken Santa Fe<br>1 c Couscous<br>½ c Chickpeas<br>½ c Collard Greens or<br>Braised Cabbage<br>1 oz WW Roll<br>½ c Applesauce | 4 oz Pork Chop<br>½ c (1 oz) Cornbread<br>Stuffing<br>½ c Zucchini<br>1 c Squash<br>1oz WW Roll<br>½ c Pears | 4 oz Oven Fried<br>Chicken<br>1 c WW Pasta<br>1 c Peas & Carrots<br>Apple Cake  | 1 c Beef Goulash (3oz<br>Gr Beef, ½ c<br>Macaroni)<br>1 c Mixed Vegetables<br>1oz WW Roll<br>Ice Cream Cup                               |
| Salmon Croquettes<br>1 c Cauliflower w/ cheese<br>sauce<br>½ c WW Egg Noodles<br>1 oz WW Roll<br>Brownies                               | 1 c Lentil Soup<br>½ Deli Turkey on WW<br>Bread 1 oz<br>1 c Mixed Vegetables<br>½ c Pudding  | 3 oz Pork Carnitas<br>½ c WW Spaghetti<br>1 c Turnip Greens<br>1 oz WW Roll<br>1 c Ice Cream w/ Hot<br>Fudge              | 1 Stuffed Peppers (2oz<br>ground beef)<br>1 c Roasted Potatoes<br>2 oz Multi Grain Roll<br>½ c Applesauce<br>Sugar Free Jell-O       | 1 c Spaghetti & 3 oz<br>Meatballs<br>1 c Steamed Spinach<br>1 oz Multi Grain Roll<br>Tiramisu                | 1 c Tomato-Vegetable<br>Soup<br>Melted Cheese (1oz)<br>on<br>2-1 oz WWBread<br>½ c Fruit Cup  | 1 c BBQ Pulled<br>Chicken<br>½ c Au Gratin<br>Potatoes<br>½ c Lima Beans &<br>Corn<br>2oz WW Roll<br>Pineapple Upside<br>Down Cake       |
| Monday 29   | Tuesday 30   | Wednesday 31  | Thursday   | Friday   | Saturday  | Sunday   |
| 4 oz. Salmon<br>½ c Red Potato<br>½ c Broccoli<br>½ c Cauliflower<br>2-1 oz WW Bread<br>½ c Sliced Peaches                              | 1 c Turkey Chili<br>(4 oz Ground Turkey)<br>½ c Pinto Beans<br>½ c Corn<br>½ c Brown Rice<br>1 oz Cornbread<br>½ c Applesauce                          | 4 oz Sweet Sour Pork<br>½ c Fried Brown Rice<br>½ c Carrots<br>½ c Green Beans<br>1 oz WW Bread<br>½ c Mandarin Oranges   | Veggie Burgers (3 oz<br>Soy Burger)<br>on 2 oz WW Roll<br>½ c Sweet Potato Fries<br>½ c Roasted Brussels<br>Sprouts<br>½ c Pears     | 3 oz Salisbury Steak<br>½ c Mashed Potatoes<br>½ c Peas<br>½ c Corn<br>2-1 oz WW Bread<br>1 c Fruit Parfait  | 3 oz Pork Paprikash<br>½ c WW Noodles<br>½ c Steamed Carrots<br>½ c Spinach<br>1 oz WW Roll<br>Oatmeal Cookie                                 | 4 oz Open Face<br>Turkey Sandwich on<br>28 gr (1 oz) WW<br>Bread<br>½ c Mashed Potatoes<br>1 c Stewed Tomatoes<br>1 oz Roll<br>Ice Cream |
| 3 oz Pork w/<br>½ c Mushrooms &<br>Zucchini<br>½ c WW Noodles<br>½ c Asparagus<br>1 oz WW Bread<br>Strawberry Shortcake                 | ½ c Rotini Pasta with<br>½ c Roasted<br>Cauliflower, ½ c<br>Carrots<br>2 oz Cottage Cheese<br>1 oz Multigrain Rolls<br>Chocolate Cream Pie             | 1 c Beef Stew (2 oz beef)<br>w/ ½ c Potatoes<br>½ c Brussels Sprouts<br>2 oz WW Roll<br>Ice Cream                         | 3 oz Baked Tilapia<br>1 c Broccoli<br>½ c Rice<br>1 oz WW Dinner roll<br>Brownies  | 4 oz Chicken<br>Parmigiana<br>½ c WW Penne<br>1 c Cucumber Salad<br>1 oz WW Bread<br>1 Cannoli               | 1 c Stuffed Shells (2 oz<br>cheese, ½ c pasta<br>shells)<br>½ c Green Beans<br>1 oz Multigrain Rolls<br>½ c Fresh Fruit w.<br>Whipped Topping | 1 c Minestrone Soup<br>w/ Elbow Pasta<br>½ c Cauliflower<br>Topped w. 1 oz<br>Cheese<br>1 oz Multi Grain roll<br>½ c Sliced Apples       |

*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