

Winter Growth, Inc.

November 2023

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

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
1 ½ c Tuna Pasta Salad (3oz Tuna, ½ c Pasta) ½ c Sliced Tomatoes 1 oz WW Bread 1 c Spinach ½ c Mandarin Oranges	Chicken (3 oz.) stir fry (1 C vegetables: ½ c. Broccoli, ¼ c. Carrots, ¼ cup Snow Peas) 1 c Brown rice/ scallions ½ c Applesauce	1 c Vegetarian Chili (3 oz beans, ¼ Tomatoes) ½ c Tortilla Chips ½ c Rice ¾ c Creamed Spinach 1 c Apricots	Sloppy Joe (3oz Gr Beef) on 2 oz 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 1 oz WW Roll ½ c Pineapple	3 oz Baked Ham ¾ c Au Gratin Potatoes ¾ c Beets 2-1 oz WW Roll 1 slice Pineapple Upside Down Cake	3 oz Boneless Chix ½ c Broccoli Crowns ½ c Cornbread Stuffing ½ c Applesauce 1 oz WW Roll ½ c Sherbet
<b>3oz Italian Sausage &amp; Peppers ½ c Steamed Rice ½ c Peas &amp; Carrots ½ c Fruit Cocktail</b>	<b>½ c Egg Salad on a Croissant 2 oz 1 c Baked French Fries ½ c Green Beans Brownie</b>	3oz Boneless Chicken Breast ½ c Green Beans ½ c Scalloped Potatoes 2 oz WW Roll Lemon Bar	3oz Pork Chops 1 c Applesauce 1 c Asparagus 2 oz WW Roll Yellow Cake w/ Frosting	1 ½ c Vegetable Soup Grilled Cheese(1oz) Sandwich on 2-1 oz WW bread ½ c Apple Cobbler	3oz Salisbury Steak ½ c Mashed Sweet Potatoes 1 c Collard Greens 2 oz WW Roll Pudding	1 c Butternut Squash Soup 2oz White Beans ½ c Spinach Casserole 1 oz WW Roll ¼ c Crackers Pound Cake
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
Pork Posole (3oz Pork, ¼ c Hominy) 1 c Collard Greens 2-1 oz WW Bread ½ c Peaches	1 c Cheese Lasagna w/ (3oz Cheese, ¼ c Noodle) 1 c Glazed Baby Carrots 2 oz Garlic Bread ½ c Tropical Fruit Salad	1 c Beef Veg Stew (3 oz beef, ¼ c Carrots/ Celery, potatoes) ¾ c Cauliflower 2-1 oz WW Bread 1 c Baked Apples	3oz Salmon on bed of ½ c Lentils ½ c Mashed Potatoes ½ c Asparagus 2-1 oz WW Bread ½ c Pears	3oz Jerk Chicken with Pineapple Salsa 1 c Red Beans ½ c Steamed Rice 1 oz WW Roll ½ c Plantains	1 c Corn Chowder Soup ½ c Spinach Roll 1 Hard Boiled Egg 2 oz WW Roll Chocolate Chip Cookie	3oz Chicken Parmigiana 2 oz WW Roll ½ c Brussel Sprouts ½ c Applesauce
1 c Beef & Cheeseburger Pie (3oz gr beef) ½ c Peas ½ c Peaches 1 oz Cornbread ½ c Oatmeal Cookie	3oz Cajun Fish Fillet 1 c Roasted Sweet Potatoes 2 oz WW Roll ½ c Mandarin Oranges	3 oz Teriyaki Chicken Tenders ½ C Jasmine Rice 1 C Green Beans 1 oz WW Roll Tapioca Pudding	4 oz BBQ Pork on WW Roll (2oz) ½ C Baked Beans ½ C Coleslaw ½ C Baked Apples w/ Streusel Topping	3 oz Stuffed Portobello Mushroom 2 oz 3 Bean Salad 2 oz Garlic Bread ½ c Green beans Gingerbread Cookie w/ Ice Cream Cup	1c Spaghetti w. 4 oz Meat Sauce 1 c Broccoli Crowns 2 oz Garlic Bread ½ c Fruit Parfait	1 c Tuna Tetrazzini 2 oz Naan Bread 1 C Mixed Veggies ½ c Applesauce Spice Cake
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
Penne Tomato Florentine (½ c Penne, ¼ c Spinach) ¾ c 3 Bean Salad ¾ c Baby Corn 1 oz 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 1 oz Cornbread 1 c Peaches	Fish & Chips (4 oz Breaded Fish, 4 oz. Baked Fries) ½ c Beets 2-1 oz WW Bread ½ c Mandarin Oranges	4 oz Baked Chicken Breast 1 c Broccoli Crowns ½ c Macaroni & Cheese 1 oz WW Bread ½ c Apricots	3 oz Pork Tenderloin ½ c Stuffing 1 c Carrots 1 oz Roll Angel Food Cake with ½ c Strawberries	4 oz Chicken Pot Pie ½ c Sweet Potatoes ½ c Baked Beans 2-1 oz WW Bread ½ c Pears	Beef Shepherd's Pie (½ c Mashed Potatoes/Vegetables 4 oz. Beef) 2-1 oz WW Roll ½ c Pineapple

3oz Cod Cake 1 c Green Beans 1 c Mashed Potatoes 2 oz WW Roll Oatmeal Cookie	3oz Chicken Cordon Bleu ½ c Asparagus ½ Baked Sweet Potato 2 oz WW Roll Lemon Pie	4 oz Italian Sausage ½ c Peppers and Onions on 2 oz WW Roll ½ c Hot Red Potato Salad ½ c Peas Italian Ice	½ c Egg Salad 2 oz Croissant ½ C Baked French Fries ½ c Lima Beans Brownie	Open-faced Tacos (2 oz gr beef, ½ c veggies, 1 oz cheese, 2 oz WW tortilla) 1 c Refried Beans ½ c Fruit Parfait	1 c Minestrone Soup 1 Hard Boiled Egg 1 c Creamed Spinach 2 oz WW Roll Sugar Cookie	4 oz. Oven Fried Chicken 1 c Collard Greens 1 c Coleslaw 2 oz WW Roll ½ c Fruit Cocktail
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
4 oz Baked Cajun Tilapia 1 c Red Potato ½ c Peas 2-1 oz WW Bread Angel Food Cake ½ c Strawberries	3 oz Chicken Breast ½ c Broccoli Crowns ½ c Beets ½ c WW Penne 1 oz WW Roll ½ C Peaches	3 oz Turkey Breast ½ c WW Mac and Cheese ½ c Sweet Potatoes ½ c Broccoli Casserol 1 oz WW roll Slice of Pumpkin Pie	3oz Turkey Breast ½ c cornbread stuffing ½ c green bean casserole ½c Cranberry Sauce Slice of Apple Pie	3 oz Hot Roast Beef Sandwich on 2-1oz WW bread 1 c Brussel Sprouts Ice Cream with ½ c Strawberries	3oz Baked Ham ½ c mashed potatoes (gravy) ½c Spinach WW roll Slice of Pumpkin Pie	3 oz. Chicken Strips ½ c Potato Wedges 1 c Corn 2-1 oz WW Roll Ice Cream
1 c Chili Verde (Pork) w. ½ c Red Beans ½ c Tortilla Chips 1 c Green Beans ½ c Sherbet	½ c Tuna Salad On 2 oz English Muffin ½ c Warm Potato Salad 1 c Mixed Greens Gingerbread	1 c Beefy Cheese & Macaroni Bake ½ c Creamed Spinach ½ c Carrots 1 oz Roll Ice Cream Cup	1 c Cheese Ravioli ½ c Squash ½ c Braised Cabbage 1 oz Garlic Bread Spice Cake	1 c Chicken Casserole ½ c Baked Beans 1 c Mashed Sweet Potatoes 2 oz WW Roll Apple Pie	1 c Lentil Soup 1 c Green Beans 1 c Spinach Salad 2-1 oz WW Roll Brownie	1 c Vegetable Lasagna ½ c Asparagus 1 oz WW Roll ½ c Fruit Salad
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday	Saturday	Sunday
3 oz Pot Roast ½ c Scallop Potatoes ½ c Roasted Beets 2-1 oz WW bread ½ c Pears	3 oz Tuna Fish Steak ½ c Brown Rice ½ c Brussel Sprouts ½ c Creamed Corn 1 oz WW bread ½ c Apricots	1 c Chicken & Sausage Jambalaya (3 oz. Chicken and Sausage, ½ c Rice, ¼ c Green Peppers/Onions) ¾ c Turnip Greens 1 oz WW Roll ½ c Peaches	3 oz Boneless BBQ Pork Riblette ½ c Macaroni & Cheese 1 c Asparagus 1 oz 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 1 oz WW Roll ½ c Applesauce	1 c Tomato Soup Open Faced Swiss Melt (1oz Swiss, 1-1 oz 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) 2 oz Garlic Bread ½ c Blueberries on Ice Cream	1 Stuffed Peppers (2oz gr beef) ½ c Carrots ½ c Collard Greens 2-1 oz Naan Bread Apple Cobbler	3 oz Philly Cheesesteak On 2 oz WW Roll 1 c Red Potato Salad 1 c Garden Salad ½ c Fruit Parfait	3 oz Fish Sticks ½ c French Fries ½ c Garden Peas 2 oz WW Roll Angel Food Cake ¼ c Mixed Berries	3 oz Folded Chicken Quesadilla (2oz WW tortilla) w. ½ c Pepper/Onions ¾ c Black Beans & Hominy ½ c Rice Key Lime Pie	3oz Turkey Fillet 1c French Cut Gr Beans 1 c Cornbread Stuffing ½ c Mandarin oranges Choc Cream Pie	8 oz Manicotti w/ Pesto Sauce (1-2 oz cheese, 3 oz pasta) ½ c Green Beans ½ c Carrots Choc 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