

Winter Growth, Inc.

May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
3oz Turkey Meat Loaf 1 c Garden Peas 1 c Brown Rice Pound Cake ½ c Strawberries Whipped Topping	4oz Smothered Chicken w/ Gravy ½ c. Mashed Potatoes ½ c Mixed Vegetables 2 oz WW Bread ½ c Baked Apples	3 oz Hot Roast Beef Sandwich w/gravy 2- 1 oz WW Bread ½ c Mashed Potatoes ½ c Beets Ice Cream Cup with ½ c Blueberries	1 c Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes) 1 c asparagus 1 oz Saltine Crackers 1 oz WW Bread 1 c Baked Apples	3 oz Baked Cajun Tilapia 1 c Br Rice Pilaf ½ c Peas ½ c Roasted Red Pepper ½ c Pears	3oz Ham Steak 1 c Broccoli ½ c Creamed Corn 2 oz WW Roll Apple Pie	3oz Baked Chicken 1 c Scalloped Potato 1 c Mixed Vegetables 2 - 1 oz WW Bread Ice Cream Cup
3oz Beef Stroganoff ½ c WW egg Noodles 1 c Spinach ½ c Carrots 1 oz Garlic Bread Italian Ice	1 c Beefy Cheese & Macaroni Bake 1 c Fruit Salad on ½ c Red Lettuce Oatmeal Cookie	3oz Pork Chops 1 c Cornbread Stuffing 1 c Asparagus ½ c Applesauce Angel Food w/ Chocolate Sauce	3oz Chicken Tenders 1 c Potato Salad ½ c Lima Beans 2 oz WW Roll Brownie	1 c Chicken Noodle Soup (with ½ c peas) Grilled 2oz Cheese Sandwich on WW Bread 2oz ½ c Green Beans ½ c Pudding	3oz Baked Fish ½ c Collard Greens 1 c Red Potatoes 2 oz WW Roll Fudge Cookie	1 c Eggplant Parmigiana (with 2 oz cheese) ½ c WW Pasta 1 c Spinach 1 oz Garlic Bread ½ c Fruit Cocktail
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
4 oz. Bruschetta Chicken (4oz chicken, ½ c green peppers,) ½ c (1 oz.) Brown Rice ½ c Zucchini 1 oz WW Roll ½ c Applesauce	Cheese Quesadilla (1oz cheese) ¾ c Black Beans/Corn ½ c Diced Tomatoes ½ c Mexicali Rice 1 oz WW Tortilla ¾ c Mixed Fruit Cup	1 c Beef Veg Stew (3oz. beef, ½ c Carrots/ Celery, potatoes) ¼ c Green Peas 1 c (2 oz.) WW Egg Noodles 1 c Baked Apples	4 oz Baked Cod 1 c Couscous ½ c Green Beans ½ c Beets 1 oz WW Bread ½ c Pears	4 oz Jerk Chicken w/ 2 oz Pineapple Salsa 1 c Red Beans ½ c Basmati Rice 1 oz WW Roll ½ c Mandarin Oranges	1 c Oven Ratatouille (1 c Eggplant, Squash, Tomatoes, 2 oz cheese) ½ c WW Pasta ½ c Spinach 1 oz Garlic Bread ½ c Pudding	1 c BBQ Beef 1 c French Fries 1 c Green Beans 2 oz WW Roll ½ c Peach Cobbler
3 oz Beef Sloppy Joes 2 oz WW Burger Bun 1 c French Fries ½ c Lima Beans 1 c Sherbet	1 c Tuna Casserole ¾ c Steamed Carrots 1 c Green Salad 2 oz Southern Biscuit Lemon Bar	3 oz Turkey Fillet 1 c Roasted Red Potatoes ½ c Broccoli 1 Multi Grain Roll 2 oz Chocolate Chip Cookie	Reuben Sandwich (2oz meat) On WW Bread 2oz 1 c Three Bean Salad ½ c Potato Salad ½ c WW Sun Chips Cherry Pie	3 oz Sausage 1 c Red Beans ½ c White Rice 1 oz WW Roll ½ c Peach Cobbler	1 c Pork & Potato Casserole ½ c Peas 2 oz WW Roll Yellow Cake w/ Frosting	Monte Cristo sandwich (2 oz meat) On WW Bread 2oz 1 c Vegetable Pasta Salad ½ c Mixed Fruit Jell-o Cup
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
Chicken Quesadillas (3 oz Chix and 1 oz cheese) 1 c Pinto Beans ½ c Mexican rice ½ c Diced Tomatoes 1 oz WW Tortilla Churro	1 c Beef & Broccoli Stir Fry (3 oz beef, ¼ c Broccoli) ½ c Straw Mushrooms ¼ c Baby Corn 1 c WW Lo Mien Noodles ½ c Pineapple	1 c Shrimp Etouffee (4 oz. Shrimp, ¼ c peppers, onions) 1 c Brown Rice ¾ c Red Cabbage ½ c Mandarin Orange	1 c Vegetarian Chili (3 oz Pinto Beans, ¼ c Tomatoes) ½ c WW Rotini ½ c Tortilla Chips ¾ c Creamed Corn ½ c Mixed Fruit Salad	4 oz Pork Chop ½ c (1 oz) Cornbread Stuffing ½ c Zucchini 1 c Summer Squash 1oz WW Roll ½ c Pears	4 oz Oven Fried Chicken 1 c WW Pasta ½ c Peas ½ c Carrots ½ c Cherry Cobbler	1 c Beef Goulash (3oz Gr Beef, ½ c Macaroni) 1 c Mixed Vegetables 1oz WW Roll Ice Cream Cup with ½ c Blueberries

3 oz Salmon Croquettes 1 c Cauliflower w/ cheese sauce ½ c Asparagus ½ c WW Egg Noodles 1 oz WW Roll Brownies	1 c Lentil Soup 3oz Deli Turkey on 2 oz WW Roll 1 c Mixed Vegetables ½ c Mixed Berries ½ c Pudding	3 oz Pork Carnitas 1 oz WW Tortilla 1 c Turnip Greens 1 oz WW Roll 1 c Ice Cream with Hot Fudge and ½ c Strawberries	1 Stuffed Peppers (2oz ground beef) 1 c Roasted Potatoes ½ c Broccoli 2 oz Multi Grain Roll Apple Cake	1 c Spaghetti & 3 oz Meatballs 1 c Steamed Spinach ½ c Cauliflower 1 oz Multi Grain Roll Tiramisu	1 c Tomato-Vegetable Soup Melted Cheese (1oz) on 2-1 oz WW Bread ½ c Fruit Cup	1 c BBQ Pulled Chicken ½ c Au Gratin Potatoes ½ c Lima Beans & Corn 2oz WW Roll Pineapple Upside Down Cake
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
4 oz. Salmon ½ c Red Potato ½ c Broccoli ½ c Cauliflower 2-1 oz WW Bread ½ c Sliced Peaches	1 c Chicken Alfredo (3oz Chix) 1 c WW Penne 1 c Broccoli 1 oz Garlic Knots ½ c Tropical fruit	4 oz Sweet Sour turkey meatballs ½ c Fried Brown Rice ½ c Carrots ½ c Green Beans 1 oz WW Bread ½ c Mandarin Oranges	Veggie Burgers (3 oz Soy Burger) on 2 oz WW Roll ½ c Sweet Potato Fries ½ c Roasted Brussels Sprouts ½ c Pears	3 oz Salisbury Steak ½ c Mashed Potatoes ½ c Peas ½ c Corn 2-1 oz WW Bread 1 c Fruit Parfait	1 c Hotdogs on Buns ½ c Cole Slaw ½ c Chips ½ Carrot Sticks 1 oz Cornbread ½ c Oatmeal Cookie	4 oz Open Face Turkey Sandwich on 28 gr (1 oz) WW Bread ½ c Mashed Potatoes 1 c Stewed Tomatoes 1 oz Roll Ice Cream
3 oz Pork w/ ½ c Mushrooms & Zucchini 1 c WW Noodles ½ c Asparagus Strawberry Shortcake	3 oz Baked Tilapia 1 c Broccoli ½ c Peas ½ c Rice 1 oz WW Dinner roll Brownies	1 c Beef Stew (2 oz beef) w/ ½ c Potatoes ½ c Brussels Sprouts 2 oz WW Roll Ice Cream	½ c Rotini Pasta with Ground Beef sauce (4 oz) ½ c Roasted Cauliflower, ½ c Carrots 1 oz Multigrain Rolls Chocolate Cream Pie	4 oz Chicken Parmigiana ½ c WW Penne ½ c Spinach 1 c Cucumber Salad 1 oz WW Bread 1 Cannoli	1 c Stuffed Shells (2 oz cheese, ½ c pasta shells) ½ c Green Beans 1 oz Multigrain Rolls ½ c Fresh Fruit w. Whipped Topping	1 c Minestrone Soup w/ ½ c Elbow Pasta ½ c Cauliflower Topped w. 1 oz Cheese 1 oz Multi Grain roll ½ c Sliced Apples
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 31
3oz Turkey Meat Loaf 1 c Garden Peas 1 c Brown Rice Pound Cake ½ c Strawberries Whipped Topping	4oz Smothered Chicken w/ Gravy ½ c. Mashed Potatoes ½ c Mixed Vegetables 2 oz WW Bread ½ c Baked Apples	3 oz Hot Roast Beef Sandwich w/gravy 2- 1 oz WW Bread ½ c Mashed Potatoes ½ c Beets Ice Cream Cup with ½ c Blueberries	1 c Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes) 1 c asparagus 1 oz Saltine Crackers 1 oz WW Bread 1 c Baked Apples	3 oz Baked Cajun Tilapia 1 c Br Rice Pilaf ½ c Peas ½ c Roasted Red Pepper ½ c Pears	3oz Ham Steak 1 c Broccoli ½ c Creamed Corn 2 oz WW Roll Apple Pie	3oz Baked Chicken 1 c Scalloped Potato 1 c Mixed Vegetables 2 - 1 oz WW Bread Ice Cream Cup
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*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