

January 2012 Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><u>Menu A:</u> Turkey Meatballs w/ Marinara Sauce (654 kcals/97 grams CHO)</p> <p><u>Menu B:</u> Chicken A La King (691 kcals/98 grams CHO)</p> <p>Side Items: Whole Kernel Corn Steamed Broccoli Elbow Macaroni Pasta Wheat Roll Heavenly Fruit Salad Beverage of Choice</p>	<p>3</p> <p><u>Menu A:</u> Piccadillo Beef Burrito Filling (753 kcals/96 grams CHO)</p> <p><u>Menu B:</u> Fish Taco Fajita (611 kcals/ 82 grams CHO)</p> <p>Side Items: Spanish Rice Fiesta Vegetables Wheat Tortilla Cinnamon Sugar Cookie Diet: Graham Crackers Beverage of Choice</p>	<p>4</p> <p><u>Menu A:</u> Grilled Chicken w/ Cordon Bleu Sauce (702 kcals/81 grams CHO)</p> <p><u>Menu B:</u> Honey-Glazed Ham (645 kcals/81 grams CHO)</p> <p>Side Items: Scalloped Potato Casserole Peas and Carrots Multigrain Bread Chocolate Mousse Diet: Chocolate Pudding Beverage of Choice</p>	<p>5</p> <p><u>Menu A:</u> Sliced Turkey Breast w/ Cranberry Orange Sauce (671 kcals/110 grams CHO)</p> <p><u>Menu B:</u> Herbed Pork Loin (791 kcals/94 grams CHO)</p> <p>Side Items: Cornbread Dressing Green Beans Mashed Sweet Potatoes Pumpkin Cake Diet: Cake Beverage of Choice</p>	<p>6</p> <p><u>Menu A:</u> Beef Stew (651 kcals/97 grams CHO)</p> <p><u>Menu B:</u> Vegetarian Chili (687 kcals/118 grams CHO)</p> <p>Side Items: Sweet Carrot Rice Collard Greens Cornbread Muffin Fresh Apple Beverage of Choice</p>
<p>9</p> <p><u>Menu A:</u> Veal w/ Brown Gravy (853 kcals/106 grams CHO)</p> <p><u>Menu B:</u> Chicken w/ Gumbo Sauce (683 kcals/98 grams CHO)</p> <p>Side Items: Steamed Brussels Sprouts Ranch-Style Beans Wheat Bread Butterscotch Pudding Diet: Vanilla Pudding Beverage of Choice</p>	<p>10</p> <p><u>Menu A:</u> Turkey-Chopped Steak w/ Marinara Sauce (749 kcals/83 grams CHO)</p> <p><u>Menu B:</u> Cheese Ravioli w/ Creamy Pesto Sauce (732 kcals/94 grams CHO)</p> <p>Side Items: Italian Green Beans/Red Peppers Ratatouille Garlic Wheat Roll Carrot Cake w/ Frosting Diet: Carrot Cake Beverage of Choice</p>	<p>11</p> <p><u>Menu A:</u> Chicken and Broccoli Bake (767 kcals/86 grams CHO)</p> <p><u>Menu B:</u> Beef Paprika (610 kcals/75 grams CHO)</p> <p>Side Items: Roasted Potatoes Sautéed Spinach Wheat Bread Orange Whip Diet: Whip Beverage of Choice</p>	<p>12</p> <p><u>Menu A:</u> Zesty Baja Chicken Salad (688 kcals/82 grams CHO)</p> <p><u>Menu B:</u> Crab Macaroni Salad (682 kcals/91 grams CHO)</p> <p>Side Items: Beet Salad Tomato Spoon Relish Blueberry Muffin Vanilla Pudding Diet: Vanilla Pudding Beverage of Choice</p>	<p>13</p> <p><u>Menu A:</u> Baked Chicken Breast w/ BBQ Sauce (600 kcals/96 grams CHO)</p> <p><u>Menu B:</u> Breaded Cod w/ Cilantro Lime Sauce (614 kcals/84 grams CHO)</p> <p>Side Items: Coleslaw Northern Beans w/ Corn Wheat Bread Hot Cinnamon Apples Diet: Hot Apples Beverage of Choice</p>
<p>16</p> <p><u>Menu A:</u> Beef Stroganoff (720 kcals/90 grams CHO)</p> <p><u>Menu B:</u> Ham and Macaroni Cheese Casserole (753 kcals/99 grams CHO)</p> <p>Side Items: Black-eyed Peas Mixed Greens Garlic Wheat Roll Rosey Pears Diet: Rosey Pears Beverage of Choice</p>	<p>17</p> <p><u>Menu A:</u> Chicken and Dumplings (755 kcals/111 grams CHO)</p> <p><u>Menu B:</u> Apple Turkey Pot Pie (779 kcals/112 gram CHO)</p> <p>Side Items: Roasted Sweet Potatoes Mixed Vegetables Wheat Bread Strawberry Poke Cake Diet: Poke Cake Beverage of Choice</p>	<p>18</p> <p><u>Menu A:</u> Salisbury Steak (618 kcals/76 grams CHO)</p> <p><u>Menu B:</u> Mustard BBQ Pork Patty (678 kcals/79 grams CHO)</p> <p>Side Items: Whipped Potatoes Green Beans w/ Red Peppers Wheat Bread Fruit Parfait Beverage of Choice</p>	<p>19</p> <p><u>Menu A:</u> Honey Balsamic Chicken (616 kcals/91 grams CHO)</p> <p><u>Menu B:</u> Fish Sticks (770 kcals/107 grams CHO)</p> <p>Side Items: Macaroni and Cheese Broccoli Wheat Bread Fresh Banana Beverage of Choice</p>	<p>20</p> <p><u>Menu A:</u> King Ranch Casserole (811 kcals/96 grams CHO)</p> <p><u>Menu B:</u> Bean and Cheese Burrito w/ Queso Sauce (902 kcals/136 grams CHO)</p> <p>Side Items: Mexican Rice with Corn Stewed Tomatoes Cornbread Muffin Oatmeal Raisin Cookie Diet: Graham Crackers Beverage of Choice</p>
<p>23</p> <p><u>Menu A:</u> Grilled Chicken w/ Creamy Asparagus Sauce (630 kcals/95 grams CHO)</p> <p><u>Menu B:</u> New England Pork Tenderloin (705 kcals/95 grams CHO)</p> <p>Side Items: Garlic Potatoes Zucchini w/ Onions Multigrain Bread Fruited Lemon Gelatin Diet: Fruited Gelatin Beverage of Choice</p>	<p>24</p> <p><u>Menu A:</u> Shepherd's Pie (695 kcals/ 83 grams CHO)</p> <p><u>Menu B:</u> Apricot Chicken (627 kcals/ 80 grams CHO)</p> <p>Side Items: Rosemary Green Peas Sliced Carrots Multigrain Bread Orange Slices Beverage of Choice</p>	<p>25</p> <p><u>Menu A:</u> Grilled Burgundy Chicken (630 kcals/ 90 grams CHO)</p> <p><u>Menu B:</u> Mushroom-Chopped Steak (677 kcals/87 grams CHO)</p> <p>Side Items: Scalloped Tomatoes Garlic Spinach Multigrain Bread Caramel Vanilla Pudding Diet: Vanilla Pudding Beverage of Choice</p>	<p>26</p> <p><u>Menu A:</u> Turkey Cutlet w/ Marsala (746 kcals/ 91 grams CHO)</p> <p><u>Menu B:</u> Beef Spaghetti (774 kcals/ 109 grams CHO)</p> <p>Side Items: Italian Herbed Broccoli Succotash Wheat Bread Pineapple Cake w/ glaze Diet: Pineapple Cake Beverage of Choice</p>	<p>27</p> <p><u>Menu A:</u> Philly Beef Steak (881 kcals/ 85 grams CHO)</p> <p><u>Menu B:</u> Battered Fish (832 kcals/101 grams CHO)</p> <p>Side Items: Tater Tot Casserole Savory Green Beans Hoagie Bun Carnival Cookie Diet: Vanilla Wafers Beverage of Choice</p>
<p>30</p> <p><u>Menu A:</u> Beef and Broccoli (621 kcals/ 95 grams CHO)</p> <p><u>Menu B:</u> Sweet and Sour Pork (780 kcals/ 107 grams CHO)</p> <p>Side Items: Jasmine Rice Japanese Vegetables Multigrain Bread Tapioca Pudding Diet: Vanilla Pudding Beverage of Choice</p>	<p>31</p> <p><u>Menu A:</u> Cheese Omelet w/ Garlic Salsa (627 kcals/ 83 grams CHO)</p> <p><u>Menu B:</u> Chicken Cheese Fajitas (629 kcals/ 80 grams CHO)</p> <p>Side Items: Steamed Zucchini Black Beans and Corn Wheat Tortilla Cinnamon Applesauce Beverage of Choice</p>			