

# 2024 FEBRUARY

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2	29	30	31	01 Chicken Florentine (pollo florentino) Mixed Vegetable Chopped Spinach WW Roll	02 Tuna Salad Wrap (envoltura de ensalada de atun) Red Pepper and Cucumber Salad
				Italian Sausage Stuffed (Salchicha rellena italiana) Zucchini Roasted Pepper and Onions WW Roll	Meatloaf (pastal de carne) Mashed Potatoes Green Beans WW Roll
WEEK 3	05 Tilapia Fish Cake (pastel de pescado) Brown Rice Succotash Poppyseed Coleslaw	06 Chef Salad w/ Diced Ham (ensalada chef) Egg and Cheese Cucumber and Tomato Salad Dressing WW Crackers	07 Country-Fried Steak (bistec frito campestre) Mashed Potatoes Mixed Vegetable WW Roll	08 Turkey Chili Mac (chile de pavo y macarrones con queso) Chuckwagon Corn	09 Breaded Fish Sandwich (sándwich de pescado) Green Beans Au Gratin Potatoes
	Turkey Pastrami Reuben (pastrami de pavo) Mixed Vegetable Side Salad w/ dressing	Curried Chicken Salad (Ensalada de pollo al curry) on Mixed Greens Vegetable Cous Cous	Caprese Pasta Salad (ensalada de pasta) Diced Beets WW Crackers	Chicken and Herb Salad (ensalada de pollo) over spring mix Marinated Cucumbers	Bean and Cheese Enchilada (enchilada de frijoles y queso) Zucchini and Squash Side Salad / dressing
	12	13	14	15	16

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WEEK 4	Beef Stew (estofado de carne) Mixed Vegetable WW Roll	Chicken Ceasar Salad (ensalada cesar de pollo) Roasted Artichoke Salad WW Breadstick	Bratwurst w/ Sauerkraut Hoagie Roll Green Beans German Potato Salad Red Velvet Cupcake	Bacon Cheeseburger (hamburguesa con queso y tocino) Oven Baked French Fries Mixed Vegetable	Krab Salad (ensalada de cangrejo) on Mixed Greens Cucumber and Tomato WW Crackers
	Tuscan Artichoke Salad (ensalada de alcachofas) w/ Gabonzo Beans Tomato Basil Soup	Ham and Cheese Frittata (frittata de jamón y queso) Large Side Salad	Chicken Broccoli Alfredo WW Pasta Mixed Vegetable Red Velvet Cupcake	Vegetarian Mexican Frittata (frittata mexicano vegetariano) Roasted Calabasitas Pinto Beans WW Tortilla	Stir-Fry Turkey (salteado de pavo) Brown Rice Bok Choy w/ Carrots Curried Cauliflower
WEEK 5	19 BLT Wrap (envoltura de lechuga y tomate con tocino) Potato Salad	20 Turkey and Cheddar (sándwich club de pavo) Ciabatta Sandwich Cucumber and Tomato Salad	21 Beef Bolognese (pasta de carne) WW Pasta Mixed Vegetable	22 Creole Chicken (pollo criollo y arroz) Brown Rice Mixed Vegetable Brown Sugar Pineapple	23 Lemon Pepper Cod (bacalao a la pimienta de limón) Roasted Sweet Potatoes Green Beans WW Roll
	Crispy Chicken Sandwich (sándwich de pollo crujiente) Au Gratin Potato Italian Blend Vegetable	Tuna Salad Lettuce Wraps (Ensalada de atún) Cucumber Salad	Tomato Mushroom and Swiss (champiñones con tomate y frittata suiza) Frittata Large Side Salad	Turkey Meatballs (albóndigas de pavo) Cornbread Stuffing Green Beans Stewed Tomatoes	Egg Salad Wrap (envoltura de ensalada de huevo) Carrot and Cranberry Salad
	26 Ham and Cheese Pinwheels (envoltura de jamón y queso) Marinated Cucumbers Coleslaw	27 Beef Taco Salad (ensalada de tacos de ternera) Black Bean Medley Tortilla Strips Picante and Ranch Dressing	28 Turkey Tetrazinni (tetrazinni de pavo) Dilled Peas and Carrots Roasted Yellow Squash	29 Sweet and Sour Pork (puerco agridulce) Onion, Bell Pepper and Carrot Broccoli Brown Rice	01
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WEEK	Turkey Pot Pie (Cazuela de pavo) Chuckwagon Corn Broccoli	Greek Chicken Pita (pita de pollo griega) w/ lettuce and tomato Green Bean Salad	Cranberry Chickpea (ensalada de garbanzos y arándanos) Salad over spring mix Vegetable Minestone Soup	Mediterranean Salad (ensalada mediterránea) w/ Grilled Chicken Strips Marinated Garbonzo Beans and Cauliflower WW Pita	