

8 WEEK CYCLE FROZEN MOW MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 5					
Cheese & Green Chili Tamale (M) * Fiesta Vegetables Stewed Tomatoes (T, W, S, M, E)	Turkey a la King (M, W, S) over Rice * Broccoli <u>Scandinavian Vegetables</u>	Herb Fish (F) over Wild Rice * Seasoned Cabbage <u>Mixed Vegetables</u>	Beef Parmesan (M, S, W) over Pasta (W) Marinara * Italian Green Beans California Vegetables	Chicken Marsala (M, S, W, E) * Mashed Potatoes (M) <u>Italian Vegetables</u> Green Peas	1/2 gallon milk (M) 5 oatmeal packets (T, W, S, M, E) 5 fruits/juices
WEEK 6					
BBQ Pork Rib Patty (S) * over Mashed Potatoes (M) <u>Bean Medley</u> Applesauce	Beef Lo Mein (W, M, S, E, F, P, SF, T) * California Vegetables Green Beans	Creamy Mushroom Chicken (S, M) over Rice <u>Carrots</u> * Brussels Sprouts	Breaded Pollock (F, W) Scalloped Potatoes (M, W) * Fiesta Vegetables Green Beans	Vegetarian Lentil Stew (M) over Brown Rice <u>Spinach</u> * Winter Vegetables	5 beverage packets Ritz crackers (W, S) 5 fruits/juices
WEEK 7					
Buffalo Chicken Drumstick (W) * Garlic Mashed Potatoes (M) <u>Scandinavian Vegetables</u>	Cheese Omelet (E, M) w/Shredded Cheddar (M) * Broccoli Red Potatoes	Beef Macaroni (W, T, S, M, E) <u>Spinach</u> * California Vegetables	Chicken & White Bean Chili (M) * Cauliflower <u>Carrots</u>	Creole Steak (M, W, S, E, T) over Rice * Fiesta Vegetables Green Beans	1/2 gallon milk (M) whole-grain graham crackers (W, S) 5 fruits/juices
WEEK 8					
Salmon Patty (F) w/Dill Sauce (W) over Rice * Brussels Sprouts <u>Bean Medley</u>	Chicken Tahitian (W, S, E, F, M, P, SF, T) over Asian Noodles (W) <u>Carrots</u> * Steamed Cabbage	Bean & Cheese Burrito (M, S, W) w/Enchilada Sauce Mexicali Corn * Broccoli	Swedish Meatballs (S, W, M) * over Mashed Potatoes (M) <u>Scandinavian Veg</u> Stewed Tomatoes (T, W, S, M, E)	Turkey Divan (M, W, S) over Rice Green Peas * California Vegetables	5 beverage packets 1 loaf of whole-wheat bread (W, S) 5 fruits/juices

Top 8 Allergens (Key): Milk (M), Egg (E), Wheat (W), Peanut (P), Tree Nut (T), Soy (S), Fish (F), Shellfish (SF)

Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.