

8 WEEK CYCLE FROZEN MOW MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 1					
Turkey Dinner w/Gravy (W, E, M, S) Stuffing (M, W, E, S) * <u>Whipped Yams</u> (S) Green Beans	Chicken Fajita (S) over Rice Whole Kernel Corn * California Vegetables	Oven Baked Fish (F) w/Lemon Sauce (W, M) Potatoes O'Brien * Fiesta Vegetables	Salisbury Steak (M, S, W) w/Gravy (M, S, W) * Garlic Mashed Potatoes (M) <u>Italian Vegetables</u> Green Peas	Cheese Ravioli (E, M, W) w/Shredded Cheese (M) & Marinara Sauce * Cauliflower <u>Bean Medley</u>	1/2 gallon milk (M) 5 oatmeal packets (T, W, S, M, E) 5 fruits/juices
WEEK 2					
Creamy Mushroom Chicken over (S, M) Brown Rice (T, W, S, M, E) * California Vegetables Whole Kernel Corn	Breaded Pollock (F, W) Scalloped Potatoes (M, W) * Fiesta Vegetables Green Beans	Spaghetti & Meatballs (S, W, M) * Winter Vegetables <u>Carrots</u>	BBQ Chicken (S) Potato Nuggets * <u>Collard Greens</u> <u>Mixed Vegetables</u>	Sesame Mustard Pork (M, S, W, E, F, P, SF, T) over Rice * Steamed Cabbage <u>Scandinavian Vegetables</u>	5 beverage packets Ritz crackers (W, S) 5 fruits/juices
WEEK 3					
Vegetarian 3-Bean Chili Potato Nuggets (S) * Broccoli	Creamy Tuna (F) over Noodles (W) * Brussels Sprouts <u>Mixed Vegetables</u>	Breaded Chicken Breast (E, M, S, W) * <u>Whipped Yams</u> (S) Green Beans Whole Kernel Corn	Sweet & Sour Meatballs (M, S, W) over Steamed Rice <u>Carrots</u> * Cauliflower	Cheese Omelet (E, M) w/Shredded Cheddar (M) * Fiesta Vegetables Red Potatoes	1/2 gallon milk (M) whole-grain graham crackers (W, S) 5 fruits/juices
WEEK 4					
Cheesy Potato Soup (M, W, S) * Fiesta Vegetables Green Peas	Meatloaf (S, W) w/Gravy (M, S, W) * Mashed Potatoes (M) <u>Italian Vegetables</u> Stewed Tomatoes (T, W, S, M, E)	Broccoli Beef over Rice * Seasoned Cabbage <u>Carrots</u>	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>Scandinavian Vegetables</u> * Broccoli	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.