




Orchard House

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	3oz Fish cakes ½ cup Macaroni and cheese ½ cup zucchini and tomato	3 oz beef Meatloaf w/LS gravy ½ cup Mashed potatoes ½ cup Peas	3 oz. Taco bake ½ cup Fiesta corn ½ cup spinach	3oz. Sausage Omelette ½ cup Glazed carrots ½ cup green beans
7	8	9	10	11
3oz Turkey Bolognese ½ cup WG penne ½ cup zucchini	3oz Roast Beef w/LS gravy ½ cup Mashed sweet potato ½ cup Broccoli	30z Veggie Burger Home fries carrots	3oz Chicken Piccata ½ cup roasted butternut squash ½ cup Green beans	3oz Spaghetti & meatballs ½ cup Ziti w/tomato sauce ½ cup Zucchini
14	15	16	17	18
3oz Beef Stroganoff ½ cup Bowtie noodles ½ cup Green beans	3oz Roasted chicken ½ cup sweet potato ½ cup Veggie blend	3oz Pork Roast w/LS gravy ½ cup Mashed potato ½ cup Broccoli	3oz. Beef Wellington ½ cup broiled tomato ½ cup bean mix	3oz Mediterranean fish ½ cup Roasted potatoes ½ cup zucchini
21	22	23	24	25
3oz Orange chicken ½ cup Fried rice ½ cup Sautéed peppers	3oz Pork Ragout ½ cup WG penne ½ cup Zucchini and summer squash	3 oz. chicken w/gravy ½ cup sweet potato ½ cup mixed veg	3oz Beef Stew ½ cup Mashed potatoes ½ cup Carrots	1 cup Baked ziti ½ cup broccoli ½ cup cauliflower
28	29	30	31	
	Cookout 3 oz. Hamburger with sautéed onions and pepper Baked beans	3oz Roasted turkey breast ½ cup Mashed butternut squash ½ cup Green beans	3oz Pulled Pork ½ cup Baked beans ½ cup corn	