




# Orchard House

## May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	<b>Cookout</b> 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	