

# Carroll Heights Menu

	<b><i>MONDAY</i></b>	<b><i>TUESDAY</i></b>	<b><i>WEDNESDAY</i></b>	<b><i>THURSDAY</i></b>	<b><i>FRIDAY</i></b>
<b><i>WEEK 1</i></b>	BBQ Chicken Breast Island Blend Vegetables Spudster Potatoes European Grain Roll Grape Cluster	Sliced Ham Sweet Potatoes Asparagus Wheat Roll Pineapple Rings Applesauce Spice Cake	Beef Tips over Buttered Noodles French Beans Wheat Breadstick Sliced Melon	Pepper Steak Baked Potato Stewed Tomatoes Wheat Bread Lemon Pie	Baked Chicken Bread Stuffing Sliced Carrots Cranberry Sauce Wheat Bread Fruit Crisp
<b><i>WEEK 2</i></b>	Swedish Meatballs Parslied Egg Noodles Monte Carlo Blend Veggies Wheat Breadstick Fruit Cocktail	Baked Chicken Breast Whole Grain & Wild Rice Green Beans Wheat Bread Strawberries Pound Cake	Pork Steak Baked Potato Squash Wheat Roll Sliced Pears	Hamburger on a Bun w/sliced onions Romaine Salad Baked Beans Peach Cobbler	Baked Cod Lemon Wedge Creamy Coleslaw Red Skin Potatoes Whole Grain Biscuit Grape Cluster
<b><i>WEEK 3</i></b>	Salisbury Steak Mashed Potatoes Country Blend Veggies Wheat Bread Fresh Fruit	Meatloaf Baked Potato Summer Blend Veggies Wheat Roll Oreo Cake	Pulled Pork Sandwich French Fries Capri Blend Veggies Tropical Fruit	Beef Stroganoff Buttered Noodles Stewed Tomatoes Wheat Breadstick Mandarin Oranges	Smothered Chicken Breast Garlic & Herb Roasted Potatoes Sugar Snap Peas Wheat Bread Peaches
<b><i>WEEK 4</i></b>	Ribs & Kraut Baked Potato Peas & Carrots Rye Bread Fruited Jello	Roast Beef Mashed Potatoes Cream Corn Wheat Roll Lemon Poppy Seed Cake	Sweet & Sour Chicken over Rice Stir Fry Blend Veggies Wheat Bread Pears	BBQ on a Bun Sweet Potato Fries Chateau Blend Veggies Pineapple Salad	Seafood Salad over Leaf Lettuce Pickled Beets European Grain Roll Fresh Fruit Oatmeal Cookie
<b><i>WEEK 5</i></b>	Cube Steak Mashed Potatoes Cauliflower Wheat Bread Jell-o Salad	Baked Chicken Whole Grain Brown Rice Monte Carlo Blend Wheat Roll Apple Rings French Cream Cheesecake	Beef Lasagna Romaine Salad Whole Grain Garlic Toast Sliced Peaches	Pork Chop w/ Mushroom Gravy Baked Potato Broccoli Cinnamon Applesauce Variety Muffin	Roast Turkey Mashed Potatoes Sliced Carrots Wheat Roll Cranberry Jello