

THE WEEK OF MON 1ST - 5TH AUG

VEGGIE QUINUA FRIED RICE

CHICKEN FINGERS

CROCK POT EYE ROUND STEAK

PRUNE-STUFFED PORK LOIN

MAC & CHEESE

OVEN GRILLED CHICKEN BREAST

THE WEEK OF MON 15TH - 19TH AUG

MUSHROOM BROCCOLI STIR FRY

TERIYAKI CHICKEN

HOMEMADE BEEF PATTIES

STUFFED ROAST TURKEY BREAST (HAM & CHEESE)

PENNE PESTO

OVEN GRILLED CHICKEN BREAST

THE WEEK OF MON 8TH - 12TH AUG

VEGGIE CHOW MEIN

CHICKEN MILANESE

SLOW-COOKED ROAST BEEF

ROAST TURKEY

SPAGHETTI w BEEF RAGÚ

OVEN GRILLED CHICKEN BREAST

THE WEEK OF MON 22ND - 26TH AUG

VEGGIE CHAO FAN (EGG, BROCCOLI, CARROT, AND RICE)

CHICKEN CORDON BLEU

CROCK POT STEAK

OVEN BAKED PORK CHOPS

FETTUCCHINE ALFREDO

OVEN GRILLED CHICKEN BREAST