

Diet-to-Go

Local Low-Fat Traditional Menu

WEEK 1			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		
			Penne Pasta Turkey Meat Sauce Carrot Coins, Zucchini
	WEDNESDAY	Blueberry Pancakes Turkey Sausage Blueberry Syrup	Orlean's Tuna Salad Citrus Fruit Cup Honey Wheat Roll
			Chicken Pizza Broccoli Peanut & Cranberry Snack Mix
	THURSDAY	Fruit Ambrosia Cherry Almond Oatmeal Bar	Turkey Ham Salad (all turkey) Pretzel Roll Lentil Chili
P i c k u p 2	FRIDAY	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger on Rice Pilaf Cauliflower
			Baked Atlantic Salmon with Pineapple Salsa Turnip & Parsnip Veggie Ginger Carrots
	SATURDAY	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, Salsa Fruit Salad
			Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll
	SUNDAY	Whole Wheat Bagel Veggie Cream Cheese Tropical Fruit Salad	Turkey Meatloaf with Peach BBQ Sauce, Veggie Mash Brussel Sprouts
P i c k u p 2			Cioppino Seafood Medley Fennel Veggie Salad
	MONDAY	Chocolate Zucchini Bread Orange Cranberry Cream Cheese Orange Sections	Blue Crab Ravioli Soup Vanilla Fruit Gelatin Peanuts & Raisins
			Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa
	TUESDAY	Greek Mushroom Greek Yogurt	"The Kelly" (French Toast on Roasted Red Pepper, Swiss Cheese, Tomato, Pesto Sauce, Cream Cheese), Orange Sections
WEEK 2			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		
			Herb Crusted Whitefish Polenta, Broccoli Lemon
	WEDNESDAY	Oat & Raisin Scone Apple Butter Greek Yogurt	Salmon Burger with Mango Salsa Cracked Wheat Pilaf Broccoli & Cauliflower
			Vegetable Ravioli Red Pepper Sauce, Ratatouille Chocolate Mousse
	THURSDAY	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage	Hummus Pocket Bread Carrot & Cranberry Salad String Cheese
P i c k u p 2	FRIDAY	Tomato Mushroom Omelet Creamed Spinach Italian Roasted Potatoes	Mediterranean Pasta Salad with Tuna
			Orange Roughy Fish Lemon Herb Sauce Israeli Cous Cous
	SATURDAY	Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Shrimp Mango Bisque Jicama & Orange Salad Seasoned Pita
			Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob
	SUNDAY	Fajita Omelet Mozzarella Cheese Orange Segments	Turkey Sandwich Mayo, Sliced Tomato Tomato & Mushroom Salad
P i c k u p 2			Baked Spaghetti Pie Cauliflower
	MONDAY	Mushroom Strata Chicken Sausage Tropical Fruit Salad	Bistro Chicken Salad (Chicken Breast Tenders with Pasta, Vegetables, Sauce) Mini Mango Walnut Muffin
			Barbecue Chicken Anise Roasted Potatoes Baked Beans, Green Beans BBQ Sauce
	TUESDAY	Raisin Bran Muffin Greek Yogurt	Chicken Philly Sub Multigrain Sub Roll Provolone Cheese, Veggie Slaw

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WEEK 3			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		
			Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus
	WEDNESDAY	Cornbread Muffin Greek Yogurt	Chicken Pesto Salad Whole Wheat Roll
	THURSDAY	Kale & Swiss Frittata Chicken Sausage	Grilled Cheese Lentil Chili Brownie
	FRIDAY	Breakfast Pizza Spiced Apples	Shrimp Fettucini Honey Wheat Roll Broccoli
	SATURDAY	Granola & Yogurt	Garden Salad Lemon Veggie Dressing Jalapeño Cornbread String Cheese
	SUNDAY	Eggs Florentine Chicken Sausage Orange Sections	Whitefish Parmesan Ginger Orange Carrots
P i c k u p 2	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Chicken Creole Brown Rice
	TUESDAY	Apple Pancakes Turkey Sausage Maple Syrup	Tomato Veggie Pie Cous Cous
		Thai Chicken and Mushroom Soup Coconut Mango Rice Snack Mix	

WEEK 4			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		
			Turkey Meatloaf Sweet Potatoes Green Beans
	WEDNESDAY	Cranapple Muffin Cran-Orange Cream Cheese Pineapple	Waldorf Chicken Salad Snack Mix V8
	THURSDAY	Baked Cinnamon Bar Spiced Apples	Chicken Fajita Refried Beans Carrots, Salsa
	FRIDAY	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Casablanca Soup Pretzel, Honey Mustard Cream Cheese
P i c k u p 2	SATURDAY	Waffles with Peaches & Apples in Syrup	Captain Stewart's Seafood Sandwich Pretzel Roll, Tartar Sauce Tangarine
	SUNDAY	Peachy Keen Muffin Apple Butter Greek Yogurt	Herbed Baked Atlantic Salmon Brown Rice & Veggies Carrot & Jicama Medley
	MONDAY	Peach Pecan Oatmeal Bar Tropical Fruit Salad	Reuben Sandwich Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup
	TUESDAY	Greek Burrito Chicken Sausage Fajita Veggies	Stir Fry Chicken Oriental Veggies Brown Rice
		Tomato Pesto Meltover Apple Cake	Chicken Parmesan Broccoli Florets
			Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans
			Chugwater Chili Drop Biscuit

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WEEK 5			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Curried Shrimp Basmati Rice Minted Carrots
	WEDNESDAY	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Chicken and Turkey Brunswick Stew Corn & Lentil Loaf
	THURSDAY	Egg and Broccoli Pie Apple	Blackened Turkey Loin Carrot Chipotle Puree Italian Veggie Blend Asparagus Risotto
	FRIDAY	Whole Grain French Toast Mango Cranberry Syrup	Harissa Salmon Mandarin Orange Almond Cous Cous Veggie Blend
	SATURDAY	Egg Quesadilla Potato Cake Citrus Cup	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
P i c k u p 2	SUNDAY	Fruit & Granola Parfait Oatmeal Blueberry Bar	Lobster and Veggie Ravioli Red Pepper Cream Sauce Italian Veggie Blend
	MONDAY	Mango Cranberry Muffin Greek Yogurt	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
	TUESDAY	Noodle Kugel (Sweet Casserole) Apple	Chicken Alfredo Melt Roasted Veggie Salad