



**Diet-to-Go**  
Local Low-Fat Traditional Menu  
5 Day Meal Plan

<b>WEEK 1</b>				
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	
P i c k u p 1	<b>TUESDAY</b>		Penne Pasta with Turkey Meat Sauce Carrot Coins Zucchini	
	<b>WEDNESDAY</b>	Blueberry Pancakes Maple Syrup Turkey Sausage	Orlean's Tuna Salad Honey Wheat Roll Citrus Fruit Cup	Chicken Pizza Broccoli Florets Angel Food Cake Strawberry Cream Sauce
	<b>THURSDAY</b>	Fruit Ambrosia Granola Bar	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Pasta Salad Primavera Savory Corn Bread Muffin
	<b>FRIDAY</b>	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger on a Multi-Grain Roll Beet and Carrot Salad	
	<b>SATURDAY</b>			
P i c k u p 2	<b>SUNDAY</b>		Cioppino Seafood Medley Pette Grain Roll Cream Cheese & Chives Chocolate Pudding	
	<b>MONDAY</b>	Blueberry Muffin Raspberry Preserves Yogurt Orange Juice	Blue Crab Ravioli Soup Jello	Mexican Style Burrito Spanish Rice Side of Refried Beans Fajita Veggies, Salsa Cup
	<b>TUESDAY</b>	Greek Stuffed Mushroom V8	Grilled Turkey Ham & Cheese Sandwich Mushroom & Artichoke Salad Apricot Pudding	
<b>WEEK 2</b>				
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	
P i c k u p 1	<b>TUESDAY</b>		Herb Crusted Whitefish Creamy Polenta Broccoli Florets Sesame Breadsticks	
	<b>WEDNESDAY</b>	Oat & Raisin Scone Orange Marmalade Orange Juice	Salmon Burger on a Multi-Grain Roll Mango Salsa & Veggie Chips V8	Vegetable Ravioli with a Ratatouille Mix & Red Pepper Sauce Chocolate Mousse
	<b>THURSDAY</b>	Scrambled Eggs Ranchero	Hummus Pocket Bread Carrot & Cranberry Salad	Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
	<b>FRIDAY</b>	Tomato Mushroom Omelet Brussel Sprout Medley	New Mediterranean Pasta Salad with Tuna	
	<b>SATURDAY</b>			
P i c k u p 2	<b>SUNDAY</b>		Vegetarian Spaghetti Pie Cauliflower	
	<b>MONDAY</b>	Mushroom Strata	Bistro Chicken Salad Sesame Breadsticks	Barbecue Chicken & Sauce Anise Roasted Potatoes Baked Beans Green Beans & Almonds
	<b>TUESDAY</b>	Raisin Bran Muffin Strawberry Preserves Yogurt	Chicken Philly Sub Deli Chicken, Spiced & Marinated Peppers & Onions, Honey Mustard Mayo & American Cheese on a Wheat Sub Roll Peach Pudding	



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<b>WEEK 3</b>				
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	
P i c k u p 1	<b>TUESDAY</b>		Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus	
	<b>WEDNESDAY</b>	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Chicken Pesto Salad Whole Wheat Roll	Macaroni & Cheese Carrot Coins Broccoli Florets
	<b>THURSDAY</b>	Asparagus & Swiss Frittata	Grilled Cheese Sandwich Lentil Chili Brownie	Thai Turkey with Orange Cilantro Sauce Stir Fry Rice Green Bean Medley
	<b>FRIDAY</b>	Breakfast Pizza with Scrambled Eggs & Cheese Apple Juice	Turkey Burger on a Multi-Grain Roll & Ketchup Mandarin Orange Cup	
	<b>SATURDAY</b>			
P i c k u p 2	<b>SUNDAY</b>		Chicken Creole Creole Vegetables Brown Rice Whole Grain Roll	
	<b>MONDAY</b>	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Chicken Salad on a Kaiser Roll Tomato & Mushroom Salad Citrus Fruit Cup	Tomato Veggie Pie Cous Cous Angel Food Cake
	<b>TUESDAY</b>	Apple Pancakes Maple Syrup Turkey Sausage	Thai Chicken & Mushroom Soup Coconut Mango Rice	
	<b>WEDNESDAY</b>			
<b>WEEK 4</b>				
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	
P i c k u p 1	<b>TUESDAY</b>		Old Fashioned Meatloaf Sweet Potatoes Whole Green Beans	
	<b>WEDNESDAY</b>	Cranapple Muffin CranOrange Cream Cheese Orange	Waldorf Chicken Salad Snack Mix V8	Chicken Fajita Side of Refried Beans Baby Carrots
	<b>THURSDAY</b>	Homemade Cinnamon Bar Orange Juice	Broccoli & Cheddar Soup Soft Pretzel with Mustard	Stir Fry Chicken Oriental Veggies Brown Rice
	<b>FRIDAY</b>	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Wahoo Fish Burger on a Multi-Grain Roll with Tartar Sauce V8 Juice Apple	
	<b>SATURDAY</b>			
P i c k u p 2	<b>SUNDAY</b>		Turkey Salisbury Steak with Gravy Mashed Potatoes Whole Green Beans Sesame Breadsticks	
	<b>MONDAY</b>	Cranberry Oat Scone Orange Marmalade Orange Juice	Turkey Cutlet Sub - Seasoned Turkey Cutlet & Pepper Relish on a Wheat Sub Roll Applesauce	Chugwater Chili Sour Cream Shredded Mozzarella Biscuit
	<b>TUESDAY</b>	Greek Style Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	



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<b>WEEK 5</b>				
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	
P i c k u p 1	<b>TUESDAY</b>		Curried Shrimp Basmati Rice Minted Peas	
	<b>WEDNESDAY</b>	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Tuscan Boat Nuttly Wheatberry Salad Yogurt Smoothie	Chicken Brunswick Stew Corn & Lentil Loaf
	<b>THURSDAY</b>	Egg and Broccoli Pie Apple Juice	Michigan Turkey Salad Dakota Roll	Blackened Turkey Carrot Chipotle Puree Asparagus Risotto
	<b>FRIDAY</b>	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Turkey Swiss Sandwich Tomato Relish Veggie Chips & Red Pepper Hummus V8	
	<b>SATURDAY</b>			
P i c k u p 2	<b>SUNDAY</b>		Lobster and Veggie Ravioli over Veggies Cardinal Sauce Steamed Vegetable Mix	
	<b>MONDAY</b>	Mango-Cranberry Muffin Yogurt Smoothie	Orange Marmalade	Curry Chicken Salad Mandarin Oranges Melba Toast
	<b>TUESDAY</b>	Noodle Kugel Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Apple	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend