

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Soup Breaded Fish Brown Rice WW Bread Zucchini Milk, Fruit	2 White Bean Soup Veggie Burger Roasted Potatoes WW Bread Green Beans w/ Toasted Garlic Milk, Fruit	3 Fish Tacos Brown Rice w Beans Cabbage Carrot Slaw Milk, Fruit	4 Minestrone Soup Jumbo Stuff Shells w/ "Meat" Sauce Garlic Bread Sautéed Green Bean Milk, Fruit	5 Lemon Salmon Rice w/Veggies WW Bread Baby Carrots Milk Fruit
8 Cod Fillet Fish Sandwich Baked Red Potatos Cole Slaw Milk, Fruit	9 Gazpacho Chickpea Stew Brown Rice Garden Salad Milk, Fruit	10 Lentil Soup Salmon Salad Pita Bread Mixed Green Salad Milk, Fruit	11 Mushroom Barley Soup Bean Burrito Tortilla Mexican Rice Cucumber Chickpea Salad, Milk, Fruit	12 Baked Fish Yellow Brown Rice California Blend Vegetables Milk, Fruit
15 Salmon Cakes Bowtie Pasta w/Kasha WW Bread Carrots Milk, Fruit	16 Mushroom Barley Soup, Chickpea Stew Brown Rice Baby Spinach Milk, Fruit	17 Baked Fish Yellow Rice Green Bean with Toasted Garlic Milk, Fruit	18 Egg Drop Soup Pierogi Lo Mein Bok Choy Milk, Fruit	19 Turkey Salad Tossed Salad Matzoh, Fruit Passover
22 Roast Chicken Vegetables Matzoh, Fruit Passover	23 Beef Stew with Vegetables Matzoh, Fruit Passover	24 Turkey Meatballs Vegetables Matzoh, Fruit Passover	25 Chicken Leg Potatoes Vegetables Matzoh, Fruit Passover	26 Tuna Salad and Egg Salad, Quinoa, Vegetables Matzoh, Fruit Passover
29 Tuna Fish Salad Macaroni Salad WW Roll Beets, Baby Carrots Milk, Fruit	30 Lentil Soup Baked Ziti Garlic Bread California Blend Vegetables Milk, Fruit	<h1>April 2019 Lunch Menu</h1>		