



Week of March 29 (order by Friday, March 25)

- a. Chicken enchiladas, beans and rice
- b. Pot roast, mashed potatoes and glazed carrots
- c. Lemon chicken, rice pilaf, steamed broccoli
- d. Pork tenderloin, roasted potatoes, sautéed julienne vegetables
- e. Chicken and broccoli rabe with polenta (*weight watchers, 7 points*)
- f. Honey mustard pork chops with kale and corn (*weight watchers, 5 points*)

Soup Clam Chowder and Garden salad

Week of April 5 (order by Friday, April 1)

- a. Halibut with lemon sauce, mashed potatoes, asparagus
- b. Chicken Marbella, rice, fresh vegetable
- c. Sausage ragout with polenta cakes, zucchini
- d. Meatloaf, mashed potatoes, roasted vegetables
- e. Cajun catfish and zucchini (*weight watchers, 4 points*)
- f. Pasta with arugula pesto and tomatoes (*weight watchers, 8 points*)

Soup Minestrone and Caesar salad

Week of April 12 (order by Friday, April 8)

- a. Sirloin steak au poivre, baked potato, fresh veggie

- b. Penne with roasted vegetables, green salad
- c. Pork chops, twice baked potatoes, fresh vegetable
- d. Champagne chicken, mashed potatoes, fresh vegetable
- e. London broil, red potato and steamed broccoli (*weight watchers, 7 points*)
- f. Herb crusted tilapia, quinoa, and fresh veggies (*weight watchers, 9 points*)

Soup Roasted Tomato soup with Butter lettuce, avocado and mandarin oranges salad

Week of April 19 (order by Friday, April 15)

- a. Prime rib, mashed potatoes, fresh vegetable
- b. Macadamia nut crusted Mahi Mahi, rice pilaf, asparagus
- c. Fried Chicken, mashed potatoes, fresh vegetable
- d. Beef and broccoli, fried rice, stir fry vegetables
- e. Turkey with feta and sundried tomatoes (*weight watchers, 4 points*)
- f. Stuffed peppers (*weight watchers, 5 points*)

Soup Chili beans and green salad

Week of April 26 (order by Friday, April 22)

- a. Baked chicken, fingerling potatoes, fresh vegetable
- b. Tortellini with creamy pesto, fresh vegetable
- c. Sweet and sour chicken with vegetables, rice
- d. Steak with béarnaise sauce, fried, smashed fingerling potatoes, fresh vegetable
- e. Pork loin with winter vegetables (*weight watchers, 7 points*)
- f. Scallop fried rice (*weight watchers, 7 points*)

Soup Beef Stew and polenta

Week of May 3 (order by Friday, April 29)

- a. Roast turkey, mashed potatoes, cornbread dressing and green beans
- b. Prawn skewers, rice pilaf, grilled vegetables
- c. Chicken pot pie
- d. Burrito (beef or chicken), rice and beans
- e. Shrimp scampi (*weight watchers, 4 points*)
- f. Island chicken with pineapple (*weight watchers, 6 points*)

Soup Chicken and dumplings, broccoli slaw