



DELCO HOT - OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
H359	H360	H361	H362	H363
BBQ CHICKEN THIGH (3oz EP chicken, 1oz bbq sauce) ½ cup Brussel sprouts ½ cup sweet corn 1sl WW bread, pc marg 1.5 oz sweet muffin	CRABCAKE & BROCCOLI MAC & CHEESE (3oz EP sirimi, 1 oz cheddar, ½ c elbow pasta, 1oz broccoli) ½ c marinated tomato salad with onions ½ c diced carrots and peas ½ cup tropical fruit	WARM SLICED BEEF (3oz EP beef, 1oz au jus) ½ cup mashed potatoes ½ cup green beans almondine Club Roll ½ cup cinnamon applesauce	ORANGE GLAZED CHICKEN (3oz EP chicken, 1oz glaze) ½ cup sweet potato ½ cup Broccoli 2oz WW roll, pc marg Fresh Apple	TOMATO, ONION & SWISS OMELET (3oz omelet, 1oz diced tomato, onion, 0.5oz swiss) ½ cup o'brien potatoes ½ cup warm apples English Muffin, pc marg ½ c fruit cocktail
9	10	11	12	13
H364	H365	H366	H367	H368
GRILLED CHICKEN PARMESAN (3oz EP chicken, 1oz ps mozzarella, 2 oz tomato sauce) ½ cup spinach w carrots ½ cup rotini 2oz WW roll, pc marg Fresh Orange	BEEF & PEPPER STIRFRY (3oz EP beef, ¼ cup peppers, 1 oz sauce) ½ c white rice ½ c sesame broccoli 1 sl WW bread, pc margarine ½ cup mandarin oranges	LEMON GARLIC CHICKEN (3oz EP chicken breast, 2oz lemon garlic sauce) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T french dressing) ½ cup roasted potatoes with peppers 2 oz WW roll, pc marg ½ cup pineapples	FIESTA OMELET (3oz omelet, 0.5 oz cheddar cheese, 1oz black beans, ¼ tomato, peppers, onions) ½ cup home fries ½ c mixed vegetables (corn, green bean, peas, carrot) 1 oz WW bread, marg ½ cup berry applesauce	SLICED TURKEY W CRANBERRY CHUTNEY (3oz EP turkey, 2oz turkey gravy, 1 T cranchutney) ½ cup mashed potatoes ½ cup green beans 2oz WW roll, marg 1.5oz sweet muffin
16	17	18	19	20
H369	H370	H371	H372	H373
PENNE W MEATBALLS (2oz EP turkey meatballs, 1oz PS mozza, 2 oz tomato sauce) ½ cup broccoli & carrots ½ cup penne 1oz WW bread, pc marg ½ cup fruit cocktail	BAKED FISH W LEMON & PARSLEY (4oz EP tilapia) ½ c peas ½ c scalloped potatoes 2 oz WW roll, pc margarine ½ cup applesauce	SWEET & SOUR PORK (3oz EP Pork, 2oz peppers & carrots, 1oz pineapples, 1oz sauce) ½ cup green beans ½ cup Brown rice 2oz WW roll, marg Fresh Orange	PHILLY CHEESE BURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c broccoli florets ½ c potato wedges 2oz WW hamburger roll pc ketchup sugar cookie	GARLIC BUTTER RAVIOLI with SPINACH (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¼ c ravioli noodle, 1oz garlic butter sauce, 2oz spinach) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T Italian dressing) ½ cup peaches
23	24	25	26	27
H354	H355	H356	H357	H358
HONEY MUSTARD CHICKEN (3oz chicken breast, 1oz sauce) ½ cup Brussel sprouts ½ cup couscous 1 slice WW bread, pc marg Fresh Pear	ASIAN GLAZED MEATBALLS (3oz EP beef meatballs, 1oz sauce) ½ cup broccoli ½ cup Fried brown rice 1 sl WW bread, pc margarine ½ cup mandarin oranges	LASAGNA ROLLUP (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¼ c lasagna noodle, 2oz tomato sauce) ½c garlic spinach w carrots Caesar Salad (1 cup romaine, 1 Tbsp Caesar dressing) ½ cup berry applesauce	SLOPPY JOE (3oz EP ground beef, 1oz tomato sauce, ¼ cup diced tomatoes, peppers onions) ½ cup corn ½ cup carrot, broccoli & cauliflower 2 oz WW. hamburger roll ½ cup pudding	SOUTHWEST BAKED FISH with PEPPERS & CORN SAUTE (4oz EP tilapia, ¼ cup corn & peppers) ½ c roasted potatoes ½ cup warmed spiced peaches 2oz WW roll, pc marg ½ cup pineapples
30	31			
H359	SPPCA-HALL			
BBQ CHICKEN THIGH (3oz EP chicken, 1oz bbq sauce) ½ cup Brussel sprouts ½ cup sweet corn 1sl WW bread, pc marg 1.5 oz sweet muffin	3OZ GHOULISH BEEF GOULASH 1/2 C BUTTERED NOODLES 1/2 C PEAS 2oz WW roll, pc marg 1 EA BLACK CAKE BROWNIE 4 OZ APPLE JUICE			

DELCO HOT - NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
H364	H365	H366	H367	H368
		WARM SLICED BEEF (3oz EP beef, 1oz au jus) ½ cup mashed potatoes ½ cup green beans almondine Club Roll ½ cup cinnamon applesauce	ORANGE GLAZED CHICKEN (3oz EP chicken, 1oz glaze) ½ cup sweet potato ½ cup Broccoli 2oz WW roll, pc marg Fresh Apple	TOMATO, ONION & SWISS OMELET (3oz omelet, 1oz diced tomato, onion, 0.5oz swiss) ½ cup o'brien potatoes ½ cup warm apples English Muffin, pc marg ½ c fruit cocktail
13	14	15	16	17
H369	H370	H371	H372	H373
GRILLED CHICKEN PARMESAN (3oz EP chicken, 1oz ps mozzarella, 2 oz tomato sauce) ½ cup spinach w carrots ½ cup rotini 2oz WW roll, pc marg Fresh Plum	BEEF & PEPPER STIRFRY (3oz EP beef, ¼ cup peppers, 1 oz sauce) ½ c white rice ½ c sesame broccoli 1 sl WW bread, pc margarine ½ cup mandarin oranges	LEMON GARLIC CHICKEN (3oz EP chicken breast, 2oz lemon garlic sauce) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T french dressing) ½ cup roasted potatoes with peppers 2 oz WW roll, pc marg ½ cup pineapples	FIESTA OMELET (3oz omelet, 0.5 oz cheddar cheese, 1oz black beans, ¼ tomato, peppers, onions) ½ cup home fries ½ c mixed vegetables (corn, green bean, peas, carrot) 1 oz WW bread, marg ½ cup berry applesauce	SLICED TURKEY W CRANBERRY CHUTNEY (3oz EP turkey, 2oz turkey gravy, 1 T cranchutney) ½ cup mashed potatoes ½ cup green beans 2oz WW roll, marg 1.5oz sweet muffin
20	21	22	23	24
H354	SPPCA-THANKS	H356	CLOSED	H358
HONEY MUSTARD CHICKEN (3oz chicken breast, 1oz sauce) ½ cup Brussel sprouts ½ cup couscous 1 slice WW bread, pc marg Fresh Pear	3OZ ROAST TURKEY W/ 1OZ CORNBREAD STUFFING & 2OZ GRAVY 1/2 C MASHED SWEET POTATOES 1/2 C GREEN BEANS ALMONDINE 2OZ CRANBERRY SAUCE 2 oz WW roll, pc margarine 1 SL APPLE PIE 4 OZ GRAPE	LASAGNA ROLLUP (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¼ c lasagna noodle, 2oz tomato sauce) ½c garlic spinach w carrots Caesar Salad (1 cup romaine, 1 Tbsp Caesar dressing) ½ cup berry applesauce		SOUTHWEST BAKED FISH with PEPPERS & CORN SAUTE (4oz EP tilapia, ¼ cup corn & peppers) ½ c roasted potatoes ½ cup warmed spiced peaches 2oz WW roll, pc marg ½ cup pineapples
27	28	29	30	
H359	H360	H361	H362	
BBQ CHICKEN THIGH (3oz EP chicken, 1oz bbq sauce) ½ cup Brussel sprouts ½ cup sweet corn 1sl WW bread, pc marg 1.5 oz sweet muffin	CRABCAKE & BROCCOLI MAC & CHEESE (3oz EP sirimi, 1 oz cheddar, ½ c elbow pasta, 1oz broccoli) ½ c marinated tomato salad with onions ½ c diced carrots and peas ½ cup tropical fruit	WARM SLICED BEEF (3oz EP beef, 1oz au jus) ½ cup mashed potatoes ½ cup green beans almondine Club Roll ½ cup cinnamon applesauce	ORANGE GLAZED CHICKEN (3oz EP chicken, 1oz glaze) ½ cup sweet potato ½ cup Broccoli 2oz WW roll, pc marg Fresh Apple	

DELCO HOT - DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				H363
				TOMATO, ONION & SWISS OMELET (3oz omelet, 1oz diced tomato, onion, 0.5oz swiss) ½ cup o'brien potatoes ½ cup warm apples English Muffin, pc marg ½ c fruit cocktail
4	5	6	7	8
H364	H365	H366	H367	H368
GRILLED CHICKEN PARMESAN (3oz EP chicken, 1oz ps mozzarella, 2 oz tomato sauce) ½ cup spinach w carrots ½ cup rotini 2oz WW roll, pc marg Fresh Plum	BEEF & PEPPER STIRFRY (3oz EP beef, ¼ cup peppers, 1 oz sauce) ½ c white rice ½ c sesame broccoli 1 sl WW bread, pc margarine ½ cup mandarin oranges	LEMON GARLIC CHICKEN (3oz EP chicken breast, 2oz lemon garlic sauce) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T french dressing) ½ cup roasted potatoes with peppers 2 oz WW roll, pc marg ½ cup pineapples	FIESTA OMELET (3oz omelet, 0.5 oz cheddar cheese, 1oz black beans, ¼ tomato, peppers, onions) ½ cup home fries ½ c mixed vegetables (corn, green bean, peas, carrot) 1 oz WW bread, marg ½ cup berry applesauce	SLICED TURKEY W CRANBERRY CHUTNEY (3oz EP turkey, 2oz turkey gravy, 1 T cranchutney) ½ cup mashed potatoes ½ cup green beans 2oz WW roll, marg 1.5oz sweet muffin
11	12	13	14	15
H369	H370	H371	H372	H373
PENNE W MEATBALLS (2oz EP turkey meatballs, 1oz PS mozza, 2 oz tomato sauce) ½ cup broccoli & carrots ½ cup penne 1oz WW bread, pc marg ½ cup fruit cocktail	BAKED FISH W LEMON & PARSLEY (4oz EP tilapia) ½ c peas ½ c scalloped potatoes 2 oz WW roll, pc margarine ½ cup applesauce	SWEET & SOUR PORK (3oz EP Pork, 2oz peppers & carrots, 1oz pineapples, 1oz sauce) ½ cup green beans ½ cup Brown rice 2oz WW roll, marg Fresh Orange	PHILLY CHEESE BURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c broccoli florets ½ c potato wedges 2oz WW hamburger roll pc ketchup sugar cookie	GARLIC BUTTER RAVIOLI with SPINACH (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 1oz garlic butter sauce, 2oz spinach) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T Italian dressing) ½ cup peaches
18	19	20	21	22
H354	H355	H356	SPPCA-XMAS	H358
HONEY MUSTARD CHICKEN (3oz chicken breast, 1oz sauce) ½ cup Brussel sprouts ½ cup couscous 1 slice WW bread, pc marg Fresh Pear	ASIAN GLAZED MEATBALLS (3oz EP beef meatballs, 1oz sauce) ½ cup broccoli ½ cup Fried brown rice 1 sl WW bread, pc margarine ½ cup mandarin oranges	LASAGNA ROLLUP (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce) ½c garlic spinach w carrots Caesar Salad (1 cup romaine, 1 Tbsp Caesar dressing) ½ cup berry applesauce	2OZ ROAST BEEF W/ 2OZ BURGUNDY GRAVY 1/2 C GREEN BEANS 1/2 C RED BLISS MASHED POTATOES 2oz WW roll, pc marg  1 EA CHERRY CRUMBLE 4 OZ APPLE JUICE	SOUTHWEST BAKED FISH with PEPPERS & CORN SAUTE (4oz EP tilapia, ¼ cup corn & peppers) ½ c roasted potatoes ½ cup warmed spiced peaches 2oz WW roll, pc marg ½ cup pineapples
25	26	27	28	29
	H360	H361	H362	H363
 CLOSED	CRABCAKE & BROCCOLI MAC & CHEESE (3oz EP sirimi, 1 oz cheddar, ½ c elbow pasta, 1oz broccoli) ½ c marinated tomato salad with onions ½ c diced carrots and peas ½ cup tropical fruit	WARM SLICED BEEF (3oz EP beef, 1oz au jus) ½ cup mashed potatoes ½ cup green beans almondine Club Roll ½ cup cinnamon applesauce	ORANGE GLAZED CHICKEN (3oz EP chicken, 1oz glaze) ½ cup sweet potato ½ cup Broccoli 2oz WW roll, pc marg Fresh Apple	TOMATO, ONION & SWISS OMELET (3oz omelet, 1oz diced tomato, onion, 0.5oz swiss) ½ cup o'brien potatoes ½ cup warm apples English Muffin, pc marg ½ c fruit cocktail