

DELCO HOT - JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
H394	H395	SPPCA-4JUL-HOT	H397	H398
Stuffed Shells (1/2 cup PS ricotta cheese, 1oz mozzarella, ¼ c pasta, 2 oz sauce) ½ cup brussel sprouts with diced carrots ½ cup warm apples ½ cup pineapples	Garlic Dijon Chicken Thigh (3oz EP chicken THIGH) ½ cup honey whipped sweet potato ½ cup Cole Slaw 1 oz white bread, pc marg 2oz sweet muffin	HOT DOG BAKED BEANS COLE SLAW POTATO SALAD HOT DOG ROLL APPLE JUICE PATRIOTIC CUPCAKE	Omelet w Peppers/Onion/Cheddar (3oz omelet, 1/4c peppers and onions, .5oz cheddar cheese) ½ cup cinnamon oatmeal ½ cup warm cranberry pears 1 oz WW bread, pc marg ½ cup warm lemon applesauce	Chicken Alfredo with light cream sauce (3oz EP chicken, 2oz sauce)  ½ c carrot ½ cup penne 1oz WW bread, pc marg ½ cup pears
8	9	10	11	12
H399	H400	H401	H402	H403
Lasagna Rollup (1/2 cup PS ricotta cheese, 1oz PS mozz, 3/4 c noodle, 2oz tomato sauce) 1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) ½ cup cauliflower Fresh Peach	Salisbury Steak with Mushrooms (3oz EP beef, 2 oz mushroom sauce) ½ cup broccoli with red peppers ½ cup roasted potatoes 1oz WW bread, pc marg 2oz sweet muffin	Chicken Teriyaki (3oz EP chicken, 1oz teriyaki sauce) ½ cup oriental blend (green bean, broccoli, pepper, water chestnut) ½ cup fried brown rice 2oz WW roll, pc marg ½ cup peaches	Lemon Pepper Fish (3oz EP Tilapia, 1oz lemon pepper sauce) ½ cup brown rice ½ cup green beans and carrots 2oz WW roll, pc marg ½ cup mandarin oranges	Swiss & Ham Omelet (0.5oz turkey ham, 0.5oz swiss, 3oz omelet) ½ cup sauteed spinach with carrots ½ cup hashbrowns 2oz WW roll, pc marg ½ cup applesauce
15	16	17	18	19
H404	H405	H406	H407	H408
South-West Chicken (3oz EP boneless chicken thigh, ¼ c peppers and onions, 0.5 cheddar cheese) ½ cup salsa rice w black beans ½ cup corn w peppers 1oz WW bread, pc marg ½ cup pineapples	Crab Cake & Mac and Cheese (3oz EP surimi, ½ cup elbow pasta, 1oz cheddar cheese) ½ cup marinated tomatoes and onion salad ½ cup broccoli & cauliflower 1oz WW bread, pc marg ½ cup fruit cocktail	Chicken Florentine (3oz EP chicken breast, 2oz light Florentine sauce, 1oz spinach) ½ cup bowties ½ cup peas and carrots 1oz WW bread, pc marg ½ cup berry applesauce	Rigatoni with Meat Sauce (3/4 cup pasta, 3oz EP ground beef, 2oz sauce) ½ cup Peas ½ cup warm spiced peaches Fresh Plum	Sliced Turkey with roasted garlic gravy & French onions (3oz EP turkey, 2 oz gravy, 1 Tbsp french onions) ½ cup whipped sweet potatoes ½ cup brussel sprouts 2oz white roll, pc marg Sugar cookie
22	23	24	25	26
H409	H410	H411	H412	H413
Sweet and Sour Chicken (3oz EP chicken, 1oz sweet and sour sauce, ¼ c pineapple, peppers, carrots) ½ cup broccoli & carrots ½ cup brown rice 2oz WW roll, pc marg Fresh plum	Lemon & Capers Baked Fish with Lemon, garlic and parsley (3oz EP Tilapia Fish, 1oz sauce) ½ cup carrots coins ½ cup rotini 1oz WW bread, pc marg ½ cup applesauce	Cheddar Burger with Caramelized Onions (3oz EP ground beef, .5oz cheddar, 1 T caramelized onions) 1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) ½ cup red bliss potatoes 2oz WW hamburger roll ½ cup pears	Tortellini with peas and garlic butter sauce (1/4 cup PS ricotta cheese, 1oz mozzarella, ½ c peas, ¾ c pasta, 1 oz sauce) ½ cup green beans ½ cup warm sliced peaches and pears with crisp topping Chocolate chip cookie	Sliced BBQ Beef (3oz EP beef, 1oz sauce) ½ cup sweet corn with peppers ½ cup collard greens 1 oz WW bread, pc marg ½ cup fruit cocktail
29	30	31		
H394	H395	H396		
Stuffed Shells (1/2 cup PS ricotta cheese, 1oz mozzarella, ¼ c pasta, 2 oz sauce) ½ cup brussel sprouts with diced carrots ½ cup warm apples ½ cup pineapples	Garlic Dijon Chicken Thigh (3oz EP chicken THIGH) ½ cup honey whipped sweet potato ½ cup Cole Slaw 1 oz white bread, pc marg 2oz sweet muffin	Meatballs with Onion Gravy (3oz EP ground beef/chicken, 2oz onion gravy) ½ cup potato cubes ½ cup green beans 2oz WW roll, pc marg Fresh Orange		

DELCO HOT - AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			H397	H398
			Omelet w Peppers/Onion/Cheddar (3oz omelet, 1/4c peppers and onions, .5oz cheddar cheese) ½ cup cinnamon oatmeal ½ cup warm cranberry pears 1 oz WW bread, pc marg ½ cup cinnamon applesauce	Chicken Alfredo with light cream sauce (3oz EP chicken, 2oz sauce) ½ cup broccoli, cauliflower and carrot ½ cup penne 1oz WW bread, pc marg ½ cup pears
5	6	7	8	9
H399	H400	H401	H402	H403
Lasagna Rollup (1/2 cup PS ricotta cheese, 1oz PS mozz, 3/4 c noodle, 2oz tomato sauce) 1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) ½ cup cauliflower Fresh Peach	Salisbury Steak with Mushrooms (3oz EP beef, 2 oz mushroom sauce) ½ cup broccoli with red peppers ½ cup roasted potatoes 1oz WW bread, pc marg 2oz sweet muffin	Chicken Teriyaki (3oz EP chicken, 1oz teriyaki sauce) ½ cup oriental blend (green bean, broccoli, pepper, water chestnut) ½ cup fried brown rice 2oz WW roll, pc marg ½ cup peaches	Lemon Pepper Fish (3oz EP Tilapia, 1oz lemon pepper sauce) ½ cup brown rice ½ cup green beans and carrots 2oz WW roll, pc marg ½ cup mandarin oranges	Swiss & Ham Omelet (0.5oz turkey ham, 0.5oz swiss, 3oz omelet) ½ cup sauteed spinach with carrots ½ cup hashbrowns 2oz WW roll, pc marg ½ cup applesauce
12	13	14	15	16
H404	H405	H406	H407	H408
South-West Chicken (3oz EP boneless chicken thigh, ¼ c peppers and onions, 0.5 cheddar cheese) ½ cup salsa rice w black beans ½ cup corn w peppers 1oz WW bread, pc marg ½ cup pineapples	Crab Cake & Mac and Cheese (3oz EP surimi, ½ cup elbow pasta, 1oz cheddar cheese) ½ cup marinated tomatoes and onion salad ½ cup broccoli & cauliflower 1oz WW bread, pc marg ½ cup fruit cocktail	Chicken Florentine (3oz EP chicken breast, 2oz light Florentine sauce, 1oz spinach) ½ cup bowties ½ cup peas and carrots 1oz WW bread, pc marg ½ cup berry applesauce	Rigatoni with Meat Sauce (3/4 cup pasta, 3oz EP ground beef, 2oz sauce) ½ cup Peas ½ cup warm spiced peaches Fresh Plum	Sliced Turkey with roasted garlic gravy & French onions (3oz EP turkey, 2 oz gravy, 1 Tbsp french onions) ½ cup whipped sweet potatoes ½ cup brussel sprouts 2oz white roll, pc marg Sugar cookie
19	20	21	22	23
H409	H410	H411	H412	H413
Sweet and Sour Chicken (3oz EP chicken, 1oz sweet and sour sauce, ¼ c pineapple, peppers, carrots) ½ cup broccoli & carrots ½ cup brown rice 2oz WW roll, pc marg Fresh plum	Lemon & Capers Baked Fish with Lemon, garlic and parsley (3oz EP Tilapia Fish, 1oz sauce) ½ cup carrots coins ½ cup rotini 1oz WW bread, pc marg ½ cup applesauce	Cheddar Burger with Caramelized Onions (3oz EP ground beef, .5oz cheddar, 1 T caramelized onions) 1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) ½ cup red bliss potatoes 2oz WW hamburger roll ½ cup pears	Tortellini with peas and garlic butter sauce (1/4 cup PS ricotta cheese, 1oz mozzarella, ½ c peas, ¾ c pasta, 1 oz sauce) ½ cup green beans ½ cup warm sliced peaches and pears with crisp topping Chocolate chip cookie	Sliced BBQ Beef (3oz EP beef, 1oz sauce) ½ cup sweet corn with peppers ½ cup collard greens 1 oz WW bread, pc marg ½ cup fruit cocktail
26	27	28	29	30
H394	H395	H396	H397	H398
Stuffed Shells (1/2 cup PS ricotta cheese, 1oz mozzarella, ¼ c pasta, 2 oz sauce) ½ cup brussel sprouts with diced carrots ½ cup warm apples ½ cup pineapples	Garlic Dijon Chicken Thigh (3oz EP chicken THIGH) ½ cup honey whipped sweet potato ½ cup Cole Slaw 1 oz white bread, pc marg 2oz sweet muffin	Meatballs with Onion Gravy (3oz EP ground beef/chicken, 2oz onion gravy) ½ cup potato cubes ½ cup green beans 2oz WW roll, pc marg Fresh Orange	Omelet w Peppers/Onion/Cheddar (3oz omelet, 1/4c peppers and onions, .5oz cheddar cheese) ½ cup cinnamon oatmeal ½ cup warm cranberry pears 1 oz WW bread, pc marg ½ cup cinnamon applesauce	Chicken Alfredo with light cream sauce (3oz EP chicken, 2oz sauce) ½ cup broccoli, cauliflower and carrot ½ cup penne 1oz WW bread, pc marg ½ cup pears

DELCO HOT - SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
H399	H400	H401	H402	H403
<p>Lasagna Rollup (1/2 cup PS ricotta cheese, 1oz PS mozz, 3/4 c noodle, 2oz tomato sauce)</p> <p>1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing)</p> <p>1/2 cup cauliflower Fresh Peach</p>	<p>Salisbury Steak with Mushrooms (3oz EP beef, 2 oz mushroom sauce)</p> <p>1/2 cup broccoli with red peppers</p> <p>1/2 cup roasted potatoes 1oz WW bread, pc marg 2oz sweet muffin</p>	<p>Chicken Teriyaki (3oz EP chicken, 1oz teriyaki sauce)</p> <p>1/2 cup oriental blend (green bean, broccoli, pepper, water chestnut)</p> <p>1/2 cup fried brown rice 2oz WW roll, pc marg 1/2 cup peaches</p>	<p>Lemon Pepper Fish (3oz EP Tilapia, 1oz lemon pepper sauce)</p> <p>1/2 cup brown rice</p> <p>1/2 cup green beans and carrots 2oz WW roll, pc marg 1/2 cup mandarin oranges</p>	<p>Swiss & Ham Omelet (0.5oz turkey ham, 0.5oz swiss, 3oz omelet)</p> <p>1/2 cup sauteed spinach with carrots</p> <p>1/2 cup hashbrowns 2oz WW roll, pc marg 1/2 cup applesauce</p>
9	10	11	12	13
H404	H405	H406	H407	H408
<p>South-West Chicken (3oz EP boneless chicken thigh, 1/4 c peppers and onions, 0.5 cheddar cheese)</p> <p>1/2 cup salsa rice w black beans</p> <p>1/2 cup corn w peppers 1oz WW bread, pc marg 1/2 cup pineapples</p>	<p>Crab Cake & Mac and Cheese (3oz EP surimi, 1/2 cup elbow pasta, 1oz cheddar cheese)</p> <p>1/2 cup marinated tomatoes and onion salad</p> <p>1/2 cup broccoli & cauliflower 1oz WW bread, pc marg 1/2 cup fruit cocktail</p>	<p>Chicken Florentine (3oz EP chicken breast, 2oz light Florentine sauce, 1oz spinach)</p> <p>1/2 cup bowties</p> <p>1/2 cup peas and carrots 1oz WW bread, pc marg 1/2 cup berry applesauce</p>	<p>Rigatoni with Meat Sauce (3/4 cup pasta, 3oz EP ground beef, 2oz sauce)</p> <p>1/2 cup Peas</p> <p>1/2 cup warm spiced peaches Fresh Plum</p>	<p>Sliced Turkey with roasted garlic gravy & French onions (3oz EP turkey, 2 oz gravy, 1 Tbsp french onions)</p> <p>1/2 cup whipped sweet potatoes</p> <p>1/2 cup brussel sprouts 2oz white roll, pc marg Sugar cookie</p>
16	17	18	19	20
H409	H410	H411	H412	H413
<p>Sweet and Sour Chicken</p> <p>(3oz EP chicken, 1oz sweet and sour sauce, 1/4 c pineapple, peppers, carrots)</p> <p>1/2 cup broccoli & carrots</p> <p>1/2 cup brown rice 2oz WW roll, pc marg Fresh plum</p>	<p>Lemon & Capers Baked Fish with Lemon, garlic and parsley (3oz EP Tilapia Fish, 1oz sauce)</p> <p>1/2 cup carrots coins</p> <p>1/2 cup rotini 1oz WW bread, pc marg 1/2 cup applesauce</p>	<p>Cheddar Burger with Caramelized Onions (3oz EP ground beef, .5oz cheddar, 1 T caramelized onions)</p> <p>1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing)</p> <p>1/2 cup red bliss potatoes</p> <p>2oz WW hamburger roll 1/2 cup pears</p>	<p>Tortellini with peas and garlic butter sauce (1/4 cup PS ricotta cheese, 1oz mozzarella, 1/2 c peas, 3/4 c pasta, 1 oz sauce)</p> <p>1/2 cup green beans</p> <p>1/2 cup warm sliced peaches and pears with crisp topping Chocolate chip cookie</p>	<p>Sliced BBQ Beef (3oz EP beef, 1oz sauce)</p> <p>1/2 cup sweet corn with peppers</p> <p>1/2 cup collard greens 1 oz WW bread, pc marg 1/2 cup fruit cocktail</p>
23	24	25	26	27
H394	H395	H396	H397	H398
<p>Stuffed Shells (1/2 cup PS ricotta cheese, 1oz mozzarella, 3/4 c pasta, 2 oz sauce)</p> <p>1/2 cup brussel sprouts with diced carrots</p> <p>1/2 cup warm apples 1/2 cup pineapples</p>	<p>Garlic Dijon Chicken Thigh (3oz EP chicken THIGH)</p> <p>1/2 cup honey whipped sweet potato</p> <p>1/2 cup Cole Slaw 1 oz white bread, pc marg 2oz sweet muffin</p>	<p>Meatballs with Onion Gravy (3oz EP ground beef/chicken, 2oz onion gravy)</p> <p>1/2 cup potato cubes</p> <p>1/2 cup green beans 2oz WW roll, pc marg Fresh Orange</p>	<p>Omelet w Peppers/Onion/Cheddar (3oz omelet, 1/4c peppers and onions, .5oz cheddar cheese)</p> <p>1/2 cup cinnamon oatmeal</p> <p>1/2 cup warm cranberry pears 1 oz WW bread, pc marg 1/2 cup cinnamon applesauce</p>	<p>Chicken Alfredo with light cream sauce (3oz EP chicken, 2oz sauce)</p> <p>1/2 cup broccoli, cauliflower and carrot</p> <p>1/2 cup penne 1oz WW bread, pc marg 1/2 cup pears</p>
30				
H399				
<p>Lasagna Rollup (1/2 cup PS ricotta cheese, 1oz PS mozz, 3/4 c noodle, 2oz tomato sauce)</p> <p>1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing)</p> <p>1/2 cup cauliflower Fresh Peach</p>				