

DELCO HOT - OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	H400	H401	H414	H403
	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	Baked Fish with Roasted Red Pepper sauce (3oz EP Tilapia, 1oz red pepper sauce) ½ cup Rotini  ½ cup green beans 2oz WW roll, pc marg ½ cup fruit cocktail	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
7	8	9	10	11
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 (¾ cup pasta, 3oz EP ground beef, 2oz sauce) ½ cup Peas ½ cup warm spiced peaches Fresh Orange	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
14	15	16	17	18
H409	H416	H411	H412	H415
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 Apple	Baked Fish w Basil Cream Sauce (3oz EP Tilapia Fish, 2 oz sauce)  ½ cup peas and carrots ½ cup Buttered Wide Noodle 1oz WW bread, pc marg Fresh Fruit	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 (¼ 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	Garlic Rosemary Sliced Beef (3oz EP beef, 1oz sauce) ½ cup Beets ½ cup collard greens & white beans 1 oz WW bread, pc marg  ½ cup mandarin oranges
21	22	23	24	25
H394	H395	H396	H417	H398
Stuffed Shells (½ cup PS ricotta cheese, 1oz mozzarella, ¾ 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	Sweet potato, peppers & cheese omelet (3oz omelet, 1oz peppers, .5oz cheddar cheese, 1oz diced sweet potatoes)  ½ cup Pumpkin spiced 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
28	29	30	31	
H399	H400	SPPCA-HALL	H414	
Lasagna Rollup (½ cup PS ricotta cheese, 1oz PS mozz, ¾ 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 Pear	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	3OZ GHOULISH BEEF GOULASH 1/2 C BUTTERED ROTINI 1/2 C PEAS DINNER ROLL 1 EA BLACK CAKE BROWNIES 4 OZ APPLE JUICE	Baked Fish with Roasted Red Pepper sauce (3oz EP Tilapia, 1oz red pepper sauce) ½ cup Rotini  ½ cup green beans 2oz WW roll, pc marg ½ cup fruit cocktail	

DELCO HOT - NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				H403
				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
4	5	6	7	8
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 (¾ cup pasta, 3oz EP ground beef, 2oz sauce) ½ cup Peas ½ cup warm spiced peaches Fresh Orange	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
11	12	13	14	15
H409	H416	H411	H412	H415
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 Apple	Baked Fish w Basil Cream Sauce (3oz EP Tilapia Fish, 2 oz sauce)  ½ cup peas and carrots ½ cup Buttered Wide Noodle 1oz WW bread, pc marg Fresh Fruit	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 (¼ 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	Garlic Rosemary Sliced Beef (3oz EP beef, 1oz sauce) ½ cup Beets ½ cup collard greens & white beans 1 oz WW bread, pc marg ½ cup mandarin oranges 
18	19	20	21	22
H394	H395	H396	H417	H398
Stuffed Shells (½ cup PS ricotta cheese, 1oz mozzarella, ¾ 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	Sweet potato, peppers & cheese omelet (3oz omelet, 1oz peppers, .5oz cheddar cheese, 1oz diced sweet potatoes)  ½ cup Pumpkin spiced 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
25	26	27	28	29
H399	H400	SPPCA-THKS-HOT	H414	H403
Lasagna Rollup (½ cup PS ricotta cheese, 1oz PS mozz, ¾ 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 Pear	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	ROAST TURKEY W/ CORNBREAD STUFFING & GRAVY MASHED SWEET POTATOES GREEN BEANS ALMONDINE DINNER ROLL PC CRANBERRY SAUCE APPLE JUICE SWEET POTATO PIE	Baked Fish with Roasted Red Pepper sauce (3oz EP Tilapia, 1oz red pepper sauce)  ½ cup Roasted Red Peppers  ½ cup green beans 2oz WW roll, pc marg ½ cup fruit cocktail	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

DELCO HOT - DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
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 (¾ cup pasta, 3oz EP ground beef, 2oz sauce) ½ cup Peas ½ cup warm spiced peaches Fresh Orange	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
9	10	11	12	13
H409	H416	H411	H412	H415
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 Apple	Baked Fish w Basil Cream Sauce (3oz EP Tilapia Fish, 2 oz sauce)  ½ cup peas and carrots ½ cup Buttered Wide Noodle 1oz WW bread, pc marg Fresh Fruit	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 (¼ 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	Garlic Rosemary Sliced Beef (3oz EP beef, 1oz sauce) ½ cup Beets ½ cup collard greens & white beans 1 oz WW bread, pc marg  ½ cup mandarin oranges
16	17	18	19	20
H394	H395	H396	H417	SPPCA-XMAS-HOT
Stuffed Shells (½ cup PS ricotta cheese, 1oz mozzarella, ¾ 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	Sweet potato, peppers & cheese omelet (3oz omelet, 1oz peppers, .5oz cheddar cheese, 1oz diced sweet potatoes)  ½ cup Pumpkin spiced oatmeal ½ cup warm cranberry pears 1 oz WW bread, pc marg ½ cup cinnamon applesauce	SLICED ROAST BEEF W/ BURGUNDY GRAVY GREEN BEANS RED BLISS MASHED POTATOES DINNER ROLL CHERRY CRUMBLE APPLE JUICE
23	24	25	26	27
H399	H400	H401	H414	H403
Lasagna Rollup (½ cup PS ricotta cheese, 1oz PS mozz, ¾ 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 Pear	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 (¾ c chicken, 1oz teriyaki sauce)  ½ cup oriental salad (green bean, broccoli, pepper, water chestnut) ½ cup fried brown rice 2oz WW roll, pc marg ½ cup peaches	Baked Fish with Roasted Red Pepper sauce (3oz EP Tilapia, 1oz red pepper sauce)  ½ cup Rotini ½ cup green beans 2oz WW roll, pc marg ½ cup fruit cocktail	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
30	31			
H404	H405			
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			