


DELCO HOT - APRIL 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #3			1	2	3
			SPPCA-EASTER-HOT	H487	H488
			<b>GLAZED TURKEY HAM w/ FRUIT SAUCE</b>  WINTER BLEND VEGETABLES SWEET POTATOES DINNER ROLL APPLE PIE ORANGE JUICE	<b>CREAMY PAPRIKA CHICKEN</b> (3oz chicken, 1oz creamy tomato sauce)  ½ cup cauliflower ½ cup Brown rice with peas 2oz WW roll, pc marg ½ cup pears	<b>STUFFED BAKED FISH</b> (3oz EP tilapia, ¼c herb stuffing, 2oz lemon butter sauce)  ½ c garlic spinach & carrots ½ cup Herbed Roasted Potatoes 1oz WW bread, pc marg ½ c mandarin oranges
WEEK #4	6	7	8	9	10
	H489	H490	H491	H492	H493
	<b>SALISBURY STEAK W TOMATO-BEEF GRAVY</b> (3oz EP salisbury steak, 1oz diced tomatoes, 1oz tomato-beef gravy)  ½ cup carrots ½ cup whipped potatoes 1 sl WW bread, pc marg Chocolate chip cookie	<b>BBQ PORK RIBBETTE</b> (3oz EP Pork, 1 oz sauce)  ½ cup Mashed Sweet potato ½ cup Island Blend (broccoli, carrot, peppers, green bean) 2oz WW roll, pc marg ½ cup pineapples	<b>CHICKEN CORDON BLUE</b> (3oz EP chicken, 0.5oz turkey ham, 0.5oz swiss cheese, 1oz chicken gravy)  ½ cup brussel sprouts ½ cup rosemary red bliss potatoes 1oz WW bread, pc marg Fresh Apple	<b>EGG &amp; TURKEY SAUSAGE</b> (3 oz egg patty, 0.5oz mozzarella, 1 oz EP turkey sausage patty)  ½ cup home fries ½ c scalloped apples Mini bagel Pc margarine ½ cup mandarin oranges	<b>CRABCAKE &amp; MAC &amp; CHEESE</b> (3oz EP surimi, 1 oz cheddar, ½ c elbow pasta)  ½ c stewed tomatoes ½ c marinated cucumber & onion Salad 1 oz WW bread, pc marg ½ cup applesauce
WEEK #1	13	14	15	16	17
	H474	H475	H476	H477	H478
	<b>CHEESE BURGER</b> (3oz EP ground beef, 0.5oz American cheese)  ½ c broccoli florets & carrots ½ c potato wedges 2oz WW hamburger roll ½ cup pudding	<b>CREAMY HERB CHICKEN &amp; BROCCOLI</b> (3oz EP chicken, 2 oz light herb cream sauce, ¼ c broccoli)  ½ cup Rotini 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing 1 sl WW bread, pc marg Fresh Orange	<b>CHEESE OMELET &amp; FRENCH TOAST</b> (1 oz /1 stick, 3oz EP egg, 0.5oz mozz cheese)  ½ c cinnamon sweet carrots ½c apple, pear, raisin compote 1 oz WW bread, pc marg ½ cup mandarin oranges	<b>CHICKEN CACCIATORE</b> (3oz EP chicken breast , 1oz tomato sauce, 1oz bell peppers & onions)  ½ c sauteed spinach w carrots ½ c Mashed Potatoes 2oz WW roll, pc margarine ½ cup peaches	<b>BAKED TILAPIA WITH MUSTARD CREAM SAUCE</b> (3oz Tilapia, 1oz cream sauce)  ½ c Oriental Blend (broc, onion, mush, red pepper, caul, green bean) ½ c Rice Pilaf 2 oz WW roll, pc margarine ½ cup applesauce
WEEK #2	20	21	22	23	24
	H479	H480	H481	H482	H483
	<b>SUNDAY ROASTED CHICKEN</b> (3oz EP chicken thigh, 2oz rich chicken gravy)  ½ c green beans ½ cup mashed sweet potatoes 1 sl WW bread, pc marg ½ cup cinnamon applesauce	<b>SLICED BEEF w AU JUS</b> (3oz EP beef, 1 oz au jus)  ½ cup parslied potatoes ½ cup Island Blend -broc, carr, red pepper, green bean 2oz WW roll, pc margarine ½ cup fruit cocktail	<b>BREADED CHICKEN STRIPS</b> (3oz EP chicken-3 strips)  ½ cup Potato wedges ½ cup Cole Slaw 1 sl WW Bread, pc marg Fresh Apple	<b>SWEET &amp; SOUR MEATBALLS</b> (3oz EP Turkey meatballs-3, 1oz sauce)  ½ cup mixed vegetables (corn, peas, carrots, gr bean) ½ cup brown rice w peppers 1 sl pumpernickel bread, pc margarine ½ cup pineapples	<b>BAKED RIGATONI w SPINACH</b> (1/2 cup PS ricotta cheese, 1oz oz PS mozz, 2 oz tomato sauce, 1oz spinach, ¼ c Rigatoni) – 1 c  ½ cup broccoli & cauliflower ½ cup carrots Sweet Muffin
WEEK #3	27	28	29	30	
	H484	H485	H486	H487	
	<b>STUFFED SHELLS W CREAMY WHITE WINE &amp; MUSHROOM SAUCE</b> (1/2 cup PS ricotta cheese, 1oz PS Mozz, 0.5 oz mushr, 1oz sauce, ¼ c pasta)  ½ cup green beans 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing Fresh Orange	<b>SLICED TURKEY W STUFFING &amp; GRAVY</b> (3oz EP turkey, 2oz gravy, 1/4 c stuffing)  ½ cup Corn ½ c Brussel sprouts 1oz WW bread, pc marg Sweet Muffin	<b>PASTA &amp; MEATBALLS</b> (3oz EP beef meatballs – 3, 2oz tomato sauce)  ½ c penne w sauce ½ c broccoli, cauliflower, carrots 1 sl WW bread, pc margarine ½ cup peaches	<b>CREAMY PAPRIKA CHICKEN</b> (3oz chicken, 1oz creamy tomato sauce)  ½ cup cauliflower ½ cup Brown rice with peas 2oz WW roll, pc marg ½ cup pears	

**DELCO HOT - MAY 2026**

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK #3</b>					<b>1</b>
					<b>H488</b>
					<b>STUFFED BAKED FISH</b> (3oz EP tilapia, ¼c herb stuffing, 2oz lemon butter sauce) ½ c garlic spinach & carrots ½ cup Herbed Roasted Potatoes 1oz WW bread, pc marg ½ c mandarin oranges
<b>WEEK #4</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<b>H489</b>	<b>H490</b>	<b>H491</b>	<b>H492</b>	<b>SPPCA-MOTHER-HOT</b>
	<b>SALISBURY STEAK W TOMATO-BEEF GRAVY</b> (3oz EP salisbury steak, 1oz diced tomatoes, 1oz tomato-beef gravy) ½ cup carrots ½ cup whipped potatoes 1 sl WW bread, pc marg Chocolate chip cookie	<b>BBQ PORK RIBBETTE</b> (3oz EP Pork, 1 oz sauce) ½ cup Mashed Sweet potato ½ cup Island Blend (broccoli, carrot, peppers, green bean) 2oz WW roll, pc marg ½ cup pineapples	<b>CHICKEN CORDON BLUE</b> (3oz EP chicken, 0.5oz turkey ham, 0.5oz swiss cheese, 1oz chicken gravy) ½ cup brussel sprouts ½ cup rosemary red bliss potatoes 1oz WW bread, pc marg Fresh Apple	<b>EGG &amp; TURKEY SAUSAGE</b> (3 oz egg patty, 0.5oz mozzarella, 1 oz EP turkey sausage patty) ½ cup home fries ½ c scalloped apples Mini bagel Pc margarine ½ cup mandarin oranges	<b>SLICED ROAST BEEF w/ GRAVY</b> GREEN BEANS ALMONDINE MASHED POTATOES DINNER ROLL APPLE JUICE STRAWBERRY SHORTCAKE
<b>WEEK #1</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>H474</b>	<b>H475</b>	<b>H476</b>	<b>H477</b>	<b>H478</b>
	<b>CHEESE BURGER</b> (3oz EP ground beef, 0.5oz American cheese) ½ c broccoli florets & carrots ½ c potato wedges 2oz WW hamburger roll ½ cup pudding	<b>CREAMY HERB CHICKEN &amp; BROCCOLI</b> (3oz EP chicken, 2 oz light herb cream sauce, ¼ c broccoli) ½ cup Rotini 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing 1 sl WW bread, pc marg Fresh Orange	<b>CHEESE OMELET &amp; FRENCH TOAST</b> (1 oz /1 stick, 3oz EP egg, 0.5oz mozz cheese) ½ c cinnamon sweet carrots ½c apple, pear, raisin compote 1 oz WW bread, pc marg ½ cup mandarin oranges	<b>CHICKEN CACCIATORE</b> (3oz EP chicken breast, 1oz tomato sauce, 1oz bell peppers & onions) ½ c sauteed spinach w carrots ½ c Mashed Potatoes 2oz WW roll, pc margarine ½ cup peaches	<b>BAKED TILAPIA WITH MUSTARD CREAM SAUCE</b> (3oz Tilapia, 1oz cream sauce) ½ c Oriental Blend (broc, onion, mush, red pepper, caul, green bean) ½ c Rice Pilaf 2 oz WW roll, pc margarine ½ cup applesauce
<b>WEEK #2</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	<b>H479</b>	<b>H480</b>	<b>H481</b>	<b>H482</b>	<b>H483</b>
	<b>SUNDAY ROASTED CHICKEN</b> (3oz EP chicken thigh, 2oz rich chicken gravy) ½ c green beans ½ cup mashed sweet potatoes 1 sl WW bread, pc marg ½ cup cinnamon applesauce	<b>SLICED BEEF w AU JUS</b> (3oz EP beef, 1 oz au jus) ½ cup parslied potatoes ½ cup Island Blend -broc, carr, red pepper, green bean 2oz WW roll, pc margarine ½ cup fruit cocktail	<b>BREADED CHICKEN STRIPS</b> (3oz EP chicken-3 strips) ½ cup Potato wedges ½ cup Cole Slaw 1 sl WW Bread, pc marg Fresh Apple	<b>SWEET &amp; SOUR MEATBALLS</b> (3oz EP Turkey meatballs-3, 1oz sauce) ½ cup mixed vegetables (corn, peas, carrots, gr bean) ½ cup brown rice w peppers 1 sl pumpernickel bread, pc margarine ½ cup pineapples	<b>BAKED RIGATONI w SPINACH</b> (1/2 cup PS ricotta cheese, 1oz PS mozz, 0.5 oz tomato sauce, 1oz spinach, ¼ c Rigatoni) – 1 c ½ cup broccoli & cauliflower ½ cup carrots Sweet Muffin
<b>WEEK #3</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<b>H484</b>	<b>H485</b>	<b>H486</b>	<b>H487</b>	<b>H488</b>
	<b>STUFFED SHELLS W CREAMY WHITE WINE &amp; MUSHROOM SAUCE</b> (1/2 cup PS ricotta cheese, 1oz PS Mozz, 0.5 oz mushr, 1oz sauce, ¼ c pasta) ½ cup green beans 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing Fresh Orange	<b>SLICED TURKEY W STUFFING &amp; GRAVY</b> (3oz EP turkey, 2oz gravy, 1/4 c stuffing) ½ cup Corn ½ c Brussel sprouts 1oz WW bread, pc marg Sweet Muffin	<b>PASTA &amp; MEATBALLS</b> (3oz EP beef meatballs – 3, 2oz tomato sauce) ½ c penne w sauce ½ c broccoli, cauliflower, carrots 1 sl WW bread, pc margarine ½ cup peaches	<b>CREAMY PAPRIKA CHICKEN</b> (3oz chicken, 1oz creamy tomato sauce) ½ cup cauliflower ½ cup Brown rice with peas 2oz WW roll, pc marg ½ cup pears	<b>STUFFED BAKED FISH</b> (3oz EP tilapia, ¼c herb stuffing, 2oz lemon butter sauce) ½ c garlic spinach & carrots ½ cup Herbed Roasted Potatoes 1oz WW bread, pc marg ½ c mandarin oranges



DELCO HOT - JUNE 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #4	1 H489	2 H490	3 H491	4 H492	5 H493
	SALISBURY STEAK W TOMATO-BEEF GRAVY (3oz EP salisbury steak, 1oz diced tomatoes, 1oz tomato-beef gravy) ½ cup carrots ½ cup whipped potatoes 1 sl WW bread, pc marg Chocolate chip cookie	BBQ PORK RIBBETTE (3oz EP Pork, 1 oz sauce) ½ cup Mashed Sweet potato ½ cup Island Blend (broccoli, carrot, peppers, green bean) 2oz WW roll, pc marg ½ cup pineapples	CHICKEN CORDON BLUE (3oz EP chicken, 0.5oz turkey ham, 0.5oz swiss cheese, 1oz chicken gravy) ½ cup brussel sprouts ½ cup rosemary red bliss potatoes 1oz WW bread, pc marg Fresh Apple	EGG & TURKEY SAUSAGE (3 oz egg patty, 0.5oz mozzarella, 1 oz EP turkey sausage patty) ½ cup home fries ½ c scalloped apples Mini bagel Pc margarine ½ cup mandarin oranges	CRABCAKE & MAC & CHEESE (3oz EP surimi, 1 oz cheddar, ½ c elbow pasta) ½ c stewed tomatoes ½ c marinated cucumber & onion Salad 1 oz WW bread, pc marg ½ cup applesauce
	8 H474	9 H475	10 H476	11 H477	12 H478
CHEESE BURGER (3oz EP ground beef, 0.5oz American cheese) ½ c broccoli florets & carrots ½ c potato wedges 2oz WW hamburger roll ½ cup pudding	CREAMY HERB CHICKEN & BROCCOLI (3oz EP chicken, 2 oz light herb cream sauce, ¼ c broccoli) ½ cup Rotini 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing 1 sl WW bread, pc marg Fresh Orange	CHEESE OMELET & FRENCH TOAST (1 oz /1 stick, 3oz EP egg, 0.5oz mozz cheese) ½ c cinnamon sweet carrots ½c apple, pear, raisin compote 1 oz WW bread, pc marg ½ cup mandarin oranges	CHICKEN CACCIATORE (3oz EP chicken breast, 1oz tomato sauce, 1oz bell peppers & onions) ½ c sauteed spinach w carrots ½ c Mashed Potatoes 2oz WW roll, pc margarine ½ cup peaches	BAKED TILAPIA WITH MUSTARD CREAM SAUCE (3oz Tilapia, 1oz cream sauce) ½ c Oriental Blend (broc, onion, mush, red pepper, caul, green bean) ½ c Rice Pilaf 2 oz WW roll, pc margarine ½ cup applesauce	
WEEK #1	15 H479	16 H480	17 H481	18 H482	19 SPPCA-FATHER-HOT
	SUNDAY ROASTED CHICKEN (3oz EP chicken thigh, 2oz rich chicken gravy) ½ c green beans ½ cup mashed sweet potatoes 1 sl WW bread, pc marg ½ cup cinnamon applesauce	SLICED BEEF w AU JUS (3oz EP beef, 1 oz au jus) ½ cup parslied potatoes ½ cup Island Blend -broc, carr, red pepper, green bean 2oz WW roll, pc margarine ½ cup fruit cocktail	BREADED CHICKEN STRIPS (3oz EP chicken-3 strips) ½ cup Potato wedges ½ cup Cole Slaw 1 sl WW Bread, pc marg Fresh Apple	SWEET & SOUR MEATBALLS (3oz EP Turkey meatballs-3, 1oz sauce) ½ cup mixed vegetables (corn, peas, carrots, gr bean) ½ cup brown rice w peppers 1 sl pumpernickel bread, pc margarine ½ cup pineapples	BAKED CHICKEN LEG w/ GRAVY BAKED MACARONI & CHEESE BROCCOLI, CAULIFLOWER & CARROTS TOSSED SALAD, PC FRESH DRESSING DINNER ROLL CHOCOLATE CAKE ORANGE JUICE 
	22 H484	23 H485	24 H486	25 H487	26 H488
WEEK #3	STUFFED SHELLS W CREAMY WHITE WINE & MUSHROOM SAUCE (1/2 cup PS ricotta cheese, 1oz PS Mozz, 0.5 oz mushr, 1oz sauce, ¼ c pasta) ½ cup green beans 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing Fresh Orange	SLICED TURKEY W STUFFING & GRAVY (3oz EP turkey, 2oz gravy, 1/4 c stuffing) ½ cup Corn ½ c Brussel sprouts 1oz WW bread, pc marg Sweet Muffin	PASTA & MEATBALLS (3oz EP beef meatballs – 3, 2oz tomato sauce) ½ c penne w sauce ½ c broccoli, cauliflower, carrots 1 sl WW bread, pc margarine ½ cup peaches	CREAMY PAPRIKA CHICKEN (3oz chicken, 1oz creamy tomato sauce) ½ cup cauliflower ½ cup Brown rice with peas 2oz WW roll, pc marg ½ cup pears	STUFFED BAKED FISH (3oz EP tilapia, ¼c herb stuffing, 2oz lemon butter sauce) ½ c garlic spinach & carrots ½ cup Herbed Roasted Potatoes 1oz WW bread, pc marg ½ c mandarin oranges
WEEK #4	29 H489	30 H490			
	SALISBURY STEAK W TOMATO-BEEF GRAVY (3oz EP salisbury steak, 1oz diced tomatoes, 1oz tomato-beef gravy) ½ cup carrots ½ cup whipped potatoes 1 sl WW bread, pc marg Chocolate chip cookie	BBQ PORK RIBBETTE (3oz EP Pork, 1 oz sauce) ½ cup Mashed Sweet potato ½ cup Island Blend (broccoli, carrot, peppers, green bean) 2oz WW roll, pc marg ½ cup pineapples			