

# MENU PLAN: Vegetarian, Poultry and Fish

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu Week #1</b>	<i>Cream of Cauliflower</i> <b>Vegetable Stew</b> <b>Roast Potato</b> <b>Vegetables</b> <i>Lemon Square</i>	<i>Vegetable Soup</i> <b>Chicken Supreme</b> <b>Pasta Prima Vera</b> <b>Vegetables</b> <i>Butterscotch Pudding</i>	<i>Roasted Eggplant</i> <i>Veg. Soup</i> <b>Salmon Roll</b> <b>Pasta</b> <b>Grilled Tomato</b> <i>Fruit Salad</i>	<i>Chicken Noodle</i> <b>Hungarian Chicken</b> <b>Noodles</b> <b>Vegetables</b> <i>Fruit Muffin</i>	<i>Tomato Rice</i> <b>Lentil and Bean Tower</b> <b>Grilled Tomato</b> <i>Chocolate Chip Cookie</i>
<b>Menu Week #2</b>	<i>Vegetable Barley Soup</i> <b>Curried Chicken</b> <b>Turmeric Rice</b> <b>Vegetables</b> <i>Chocolate Pudding</i>	<i>Mushroom Soup</i> <b>Vegetable Sweet &amp; Sour Stew</b> <b>Roast potatoes</b> <b>Mixed Vegetables</b> <i>Fruit Cocktail</i>	<i>Chicken Vegetable Soup</i> <b>Poached Fish</b> <b>Basmati Rice with Mushrooms</b> <b>Mixed Vegetables</b> <i>Peanut Butter Cookie</i>	<i>Mulligatawny</i> <b>Roast Turkey</b> <b>Mashed Potatoes, Stuffing, Gravy</b> <b>Vegetables</b> <i>Chocolate Cake</i>	<i>Split Pea Soup</i> <b>BBQ Vegetable Loaf</b> <b>Pasta and Vegetable</b> <i>Fruit Crisp</i>
<b>Menu Week #3</b>	<i>Carrot Soup</i> <b>Sweet &amp; Sour Chicken</b> <b>Mixed Rice &amp; Peas</b> <i>Muesli With Yogurt</i>	<i>Roasted Red Pepper Soup</i> <b>Eggplant Parmesan</b> <b>Roast Potatoes</b> <i>Poached Pears</i>	<i>Seafood Chowder</i> <b>Seafood Casserole</b> <b>Mashed Potato</b> <b>Vegetables</b> <i>Vanilla Custard</i>	<i>Cream of Broccoli</i> <b>Chicken Chow Mien</b> <b>Vegetables</b> <i>Cheesecake</i>	<i>Corn Chowder</i> <b>Vegetable Con Carne</b> <b>Parsley Potato</b> <b>Vegetables</b> <i>Lemon Cake</i>
<b>Menu Week #4</b>	<i>Cream of Veg.</i> <b>Vegetable Quiche</b> <b>Parsley Potato</b> <b>Vegetables</b> <i>Jell-O and Fruit</i>	<i>Roasted Tomato Soup</i> <b>Greek Chicken</b> <b>Lemon Potatoes</b> <b>Roasted Vegetables</b> <i>Fruit Tart</i>	<i>Boston Clam Chowder</i> <b>Catch of the Day</b> <b>Fried Potatoes</b> <i>Butter Tart</i>	<i>Navy Bean Soup</i> <b>Roast Turkey Dinner</b> <b>Stuffing, Mashed Potatoes, Gravy, Vegetables</b> <i>Pumpkin Cake</i>	<i>Minestrone</i> <b>Vegetable Lasagne</b> <b>Vegetables</b> <i>Diet Cookie</i>
<b>Weekly Sandwich</b>	Turkey & Fruit	Vegetarian & Fruit	Tuna Salad & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit