	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7
	DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER
	Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
L-081-53	Rosemary Roast Pork Tenderloin	L-007-00	Grilled Top Sirloin (Mod)	L-192-00	Honey Mustard Chicken Breast (Boneless)	L-010-02	Yankee Pot Roast	L-062-50	Hamburger Yakisoba (Whole Wheat)	L-025-01	Lasagna (Ground Turkey)	L-835-00	Mexican Pepper Steak
L-187-00	Hot and Spicy Chicken	L-319-01	Teriyaki Glazed Salmon	L-085-00	Braised Pork Chop	O-033-00	Chicken Cacciatore	L-354-00	Kahlua style Pulled Pork	L-119-50	Baked Pollock	L-210-00	Sante Fe Glazed Chicken Breast/Citrus Herb Chicken (Boneless)
	Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
	RTU Vegetable Burger (VG)	T-004-02	Tofu Stir Fry (VG)	T-303-00	Chickpea Curry and Basmati Rice Bowl (VG/VE)		Plant Based Chicken Strips (VG) RTU		Bean Burger/Patty (VG) RTU	T-00904	Spinach Lasagna (VE) RTU		Plant Based Chicken Cutlet
	Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
O-016-01	Brown Gravy (Mix)	O-014-00	Teriyaki Sauce (VG)	O-018-00	Natural Pan Gravy (Au Jus)	O-311-00	Cacciatore Sauce (VG)	O-309-00	Barbecue Sauce	O-015-00	Tomato Sauce (VG)	O-301-00	Salsa Verde
				O-016-05	Mushroom Gravy								
	Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
Q-017-50	Lyonnaise Carrots (FZN)(Mod)	Q-101-51/Q- 101-00	Green Beans (VG) (Fresh/Frozen)(Low)	Q-122-50/Q-064 01	- Roasted Summer Squash (Fresh) (VG) <mark>a</mark>	Q-024-53/Q- 024-52	Parmesan Cauliflower (Fresh/FZN)(Mod) (VE) c	Q-025-00/Q- 025-50	Vegetable Stir Fry (Fresh/FZN) (VG/VE)(High)	Q-310-00	California Blend, Frozen (Steamed) a&c (VG)	Q-076-01	South of the Border Medley (VG)(Mod) a
Q-344-00	Roasted Harvest Vegetables (VG) (Fresh)	Q-001-50/Q- 001-53	Broccoli Combo (FRESH/FZN)(VG) a&c	Q-012-00	Sautéed Cabbage (Fresh)(VG)c	Q-314-00/Q- 100-52	Roasted/Sauteed Asparagus (VG)(Mod)	Q-108-51	Roasted Carrots /FRZ (VG) a	Q-339-00	Cabbage, Bulgur and Chickpea Stew (Fresh, Canned)(VG) c	Q-005-50	Pinto Beans(VG)(Low)
	Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
Q-113-03	Sautéed Garlic Kale (Fresh) (VG) <mark>a&amp;c</mark>	Q-314-00	Roasted Asparagus (VG)	Q-116-50	Peas (frozen)(VG)	Q-017-01	Ginger Glazed Carrots (Fresh)(VE) <mark>a</mark>	Q-324-00	Southwestern Sweet Potatoes, Black Beans and Corn (VG) a	Q-311-01	Sautéed Bell Peppers (VG) c	Q-065-00	Herbed Broccoli(VG) a&c
	Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
Q-301-00	Caribbean Black Beans(VG)	E-005-05	Brown Rice (VG)	E-313-00	Basmati Rice(VG)	E-012-50	Buttered Egg Noodles (VE)	E-004-63	Whole Wheat Angel Hair (Capellini)/VG	Q-066-00	Baked Sweet Potatoes (VG)	E-011-52/53/54	Mexican Brown Rice (VG)(Mod)
F-001-50	Baked Macaroni and Cheese (Whole Wheat)(VE)(High)	Q-053-00	Scalloped Potatoes (Fresh)(VE)	Q-119-50	Roasted Potatoes(VG)(Moderate)	Q-048-00	Mashed Potatoes(VE)	Q-005-02	Kidney Beans (Dry)(VG)	Q-335-00	Sweet and Spicy Lentils (VG)	Q-044-00	Baked Potato (Fresh/VG)
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
	Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
	Soup		Soup		Soup		Soup		Soup		Soup		Soup
AIT	Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+
BCT/OSUT	Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+

	DAY 8		DAY 9		DAY 10		DAY 11		DAY 12	
	DINNER		DINNER		DINNER		DINNER		DINNER	
	Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée	
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
L-081-01	Roast Pork Tenderloin (Mod)	L-803-00	Oven Roasted Turkey	L-121-00	Shrimp Scampi	L-081-01	Roast Pork Tenderloin	L-318-01	Baked Salmon with Herb Vinaigrette	L-087-00
L-005-00	Roast Beef (Mod)	L-016-00	Swiss Steak with Tomato Sauce	L-039-01	Spaghetti w Meatballs	L-818-00	Tandoori Chicken	L-357-01	Turkish -Style Meatballs (beef)	L-143-03
	Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based	
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
E-307-00	Pesto Pasta (Multi-Grain (VE)	T-312-01	Baked Tofu (VG)		Spaghetti with Plant Based crumbles (VG) RTU	Q-340-00	Chickpea Cauliflower Curry (VG)	E-510-00	Pasta Provencal (VG)	T-312-00
	Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées	
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
O-018-00	Natural Pan Gravy (Au Jus)	O-018-00	Natural Pan Gravy (Au Jus)	O-014-00	Marinara	O-016-01	Brown Gravy (Mix)	O-014-00	Marinara	O-007-00
O-016-01	Brown Gravy (Mix)									
	Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables	
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Q-100-51/Q- 100-52	Asparagus Roasted Frsh/Fzn (VG)(Mod)	O-503-00	Okra Mélange(FZN) (VE) (High)	Q-064-01	Savory Squash (VG) (Mod)	Q-018- 50/Q-018-51	Broccoli Au Gratin (Frsh/Frzn) (mod) a&c (VE)	Q-109-50/Q- 109-52	Cauliflower(Frsh/Frzn) Steamed)(VG)(Low) c	Q-108-563/Q- 108-54
Q-008-00	Harvard Beets (VE)(Mod)	Q-328-00	Roasted Butternut Squash (Fresh) (VG) a	Q-313-00/Q- 313-01	Buffalo Roasted Cauliflower (fresh/frzn)(mod) VE c	Q-116-50	Peas (frozen)(VG)	Q-314-00/Q- 100-52	Roasted/Sauteed Asparagus(Mod) (VG)	Q-306-00/Q- 121-50
	Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable	
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Q-329-00	Green Beans with Herb Vinaigrette (Fresh)(VG)	Q-113-00	Collard Greens (Frz)(VG) a&c	Q-074-00	Squash and Carrot Medley (Fresh)(VG) a&c	Q-346-01	Spanish Spinach with Chickpeas (VG) a&c	Q-029-03	Southern Style Kale a&c	Q-026-50
	Starch sides		Starch sides		Starch sides		Starch sides		Starch sides	
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
E-309-01	Parmesan Garlic Orzo(VE)(Mod)	E-324-00	Barley (VE)	E-004-50	Whole Wheat/Grain Spaghetti (VG)	3-313-00	Basmati Rice (Low) (VG)	E-327-00	Turkish Bulgur Pilaf with Almonds (VG)	Q-005-50
Q-069-50	Mashed Sweet Potatoes (VE)	Q-048-00	Mashed Potatoes (VE)	E-303-00	Lemon Herb Quinoa(VG)	E-071-00	Rosemary Roasted Potato Wedges (Fresh)(VG)	Q-300-00	Curried Lentils (VG)	E-005-05
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
	Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions	
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
	Soup		Soup		Soup		Soup		Soup	
	Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+	
	Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+	

DAY 13		DAY 14		DAY 15		DAY 16		DAY 17		DAY 18		DAY 19	
DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER	
Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée	
Recipe Name	Recipe #	Recipe Name	Recipe #2	Recipe Name	Recipe #	Recipe Name	Recipe #						
Mexican Spiced Pork Chops	L-336-01	Grilled Halibut	L-053-00	Beef Stroganoff (High)	L-080-01	Shrimp Chow Mein	L-197-00	Dijon Baked Pork Chops	L-803-00	Oven Roasted Turkey	L -330-00	Trout with Mediterranean Salsa	L-190-00
Chicken Breast Baked(Low)	L-051-50	Chicken Breast Parmesan	L-085-00	Braised Pork Chop	L-810-50	Beef Stir Fry	L-213-00	Chicken Biryani	L-041-53	Swedish Meatballs RTU	L-146-01	Barbecue Chicken 8 pc(High)	L-005-00
Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Seared Tofu (VG)		Plant Based Chicken Cutlet	T-326-00	Plant Powered Chili Mac (High)(VE)	T-004-02	Tofu Stir Fry (VG)	Q-339-00	Cabbage, Bulgur and Chickpea Stew (Fresh, Canned) (VG)		Plant Based 'Meatballs" (VG)RTU	T-165-01	Cheese Pizza WGR Crust (VE)	T-312-04
Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Medium Taco Sauce (VG)	O-015-00	Tomato Sauce (VG)	L-069-50	Maple Gravy			O-006-02	Mustard Sauce	O-016-01	Brown Gravy Mix			O-018-00
	O-312-00	Mambo Peach Sauce (VG)	O-016-01	Brown Gravy Mix									
Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Carrots (Frsh/Frzn)(Low)(VG) a	Q-122-50	Roasted Summer Squash (Fresh)(High) (VG) a	Q-101-51/Q- 101-00	Beans, Green Whole (Frsh/Frzn)(Low)(VG)	Q-328-00	Butternut Squash/ Squash, Winter (VG) a	Q-308-01	Sugar Snap Peas (Frozen, Steamed)(VG)	Q-349-00	Sautéed Collard Greens with White Beans (VG) a&c	Q-026-50	Herbed Green Beans (Fresh) (VG)	Q-008-01
Sautéed Spinach (Frsh/Frzn)(High) (VG) a&c	Q-105-02/Q- 105-00	Broccoli (Frsh/Frzn)(Low)(VG)	Q-346-01	Spanish Spinach with Chickpea (VG) a&c	Q-126-00	Mixed Vegetables(Frzn) (Low)	Q-122-56	Summer Squash (Fresh)(VG) a	Q-310-00	California Blend, Frozen (Steamed) (VG) a&c	Q-108-00	Roasted Carrots / Carrots Roasted (Fresh)(VG) a	Q-116-00
Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Herbed Green Beans (Fresh) (VG)	Q-116-50	Peas (Frozen)(VG)	Q-111-00	Corn (Frz/VG)	Q-108-00	Carrots (Frz/VG) a	Q-121-00	Steamed Spinach (Frozen)(VG)a&c	Q-337-00	Za'atar Potatoes and Kale (Fresh)(VG) a&c	Q-300-00	Curried Lentils(VG)	Q-001-02
Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Column2	Recipe Name	Recipe #
Pinto Beans (Dry)/Canned (VG)	E-004-63	Angel Hair Whole Wheat/Whole Grain(VG)	Q-048-00	Mashed Potatoes (VE)	E-004-63	Angel Hair (WG)	E-313-00	Basmati Rice(Low) (VG)	E-004-52	Whole Grain Egg Noodles (VE)	E-300-00	Farmers Market Quinoa (VE)(Low)	E-332-00
Brown Rice (VG)	Q-004-01	Italian Baked Beans (VE)	E-004-59	Rotini Whole Grain(VG)	E-005-05	Brown Rice (VG)	Q-044-01	Quick Baked Potato Halves (VG)	Q-118-50	Roasted Sweet Potatoes (VG)	T-002-00	Macaroni and Cheese (Whole Grain) (VE)(High)	Q-502-00
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions	
Recipe Name	Recipe #	Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name	
Soup		Soup		Soup		Soup		Soup		Soup		Soup	
Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+	
Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+	

DAY 20		DAY 21		DAY 22		DAY 23		DAY 24		DAY 25		DAY 26	
DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER	
Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Cranberry Glazed Chicken	L-352-00	Greek Lemon Marinated Chicken	L-822-00	Beef and Bean Burritos (G)	L-038-52	Spaghetti w/Meat Sauce (Turkey)(High) RTU	L119-50	Baked Pollock Fillet (Mod)	L-005-00	Roast Beef(Mod)	L-081-00	Roast Pork Loin	L318-01
Roast Beef	L-083-00	Creole Pork Chops		Cod with Garlic Butter	L-310-02	Italian Sausage(High)		Savory Baked Chicken	L-803-00/L162- 00	Oven Roasted Turkey (Mod)	L-406-00	Beef Pho (High)	L-344-00
Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Savory Smashed (VG) Tofu		Vegan Chili RTU	N-311-00	Zesty Southwest Black Bean Quesadilla (Black Bean Quesadilla)(VE/VG)		Spaghetti with Plant Based crumbles (VG) RTU		Plant Based Chicken Cutlet		Meat Analog Patty RTU (VG)		Plant Chicken Strips or Nuggets (VG) RTU	T-009-02
Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Natural Pan Gravy (Au Jus)	O-005-00	Creole Sauce (VG)	O-007-00	Taco Sauce(Low)	O-015-00	Tomato Sauce(VG)	O-016-01	Brown Gravy Mix	O-018-00	Natural Pan Gravy (Au Jus)	O-016-01	Brown Gravy Mix	1
									O-016-01	Brown Gravy Mix			
Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Citrus Beets (VG)	Q-111-51	Corn on the Cob (Frzn)(Low)(VG)	Q-111-51/Q- 111-00	Corn on the Cob (Fresh/Frozen) Steamed/Simmered(VG) Low	Q-108-02/108- 00	Carrots (Fresh)(Low) (VE)a Carrots (Frzn) (Low)	Q-109-50/Q- 109-52	Cauliflower(Frsh/Frzn) Steamed)(VG)(Low) c	Q-122-56	Summer Squash Sauteed (Fresh)(VG)a (Mod)	Q-326-00	Roasted Brussel Sprouts (Frzn)(Mod) NS/ VG	Q-122-50
Peas(Frzn)(Low)(VG)	Q-315-00\Q- 315-01	Broccoli Roasted(Fresh/Frzn)(VG) a&c	Q-024-53/Q- 024-52	Parmesan Cauliflower (Fresh/Frozen)(G/Y) (Mod) c (VE)	Q-105- 02/Q105-00	Broccoli Steamed (Fresh)(Low)/ Broccoli (Frzn)(Low)(VG) a&c	Q-306-00/Q- 121-50	Sautéed Garlic Spinach,(VG) Fresh/Frozen (High)a&c	Q-314-00/Q- 100-52	Roasted/Sauteed Asparagus(Mod) (VG)	Q-101-51/Q- 101-00	Green Beans (VG) (Fresh/Frozen)(Low)	Q-308-01
Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Medley of Broccoli, Corn and Carrots (Frz)(VG)a&c	Q-074-00	Squash and Carrot Medley (Fresh)(VG) a&c	Q-348-00	Broccoli, Tomato and Olive Medley <mark>a/c</mark> NS/(VE)	Q-109-50	Cauliflower (Fresh, steamed)(VG) c	Q-116-50	Peas (Frozen)(VG)	Q-013-50	Baked Sweet Potatoes and Apples (Fresh)(VE) a	Q-310-00	Steamed California Blend (Frozen)(VG) a&c	Q-017-01
Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Rice Medley (VG)	E-010-52	Meatless Hoppin John (VG)	E-005-60	Baked White Rice (VG) (Low)	E-004-51	Spaghetti (VG) (Low)	Q-048-00	Mashed Potatoes (VE) (Mod)	Q-044-00	Baked Potato (VG) (Low)	E-008-50	Rice Pilaf Brown (Mod)	E-323-01
Italian Roasted Potatoes (VG)	E-004-04	Orzo (VE) (Low)	Q-079-00	Hacienda Potatoes(VE)(High)	Q-004-00	Italian Baked Beans(VE)(Mod)	E-324-00	Barley (VE)	E-327-00	Turkish Bulgur Pilaf with Almonds (VG)	E-012-50	Buttered Egg Noodles (VE)(Low)	E-004-07
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions	
Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name	
Soup		Soup		Soup		Soup		Soup		Soup		Soup	
Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+	
Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+	

DAY 27	DAY 28			DAY 29		DAY 30		DAY 31		DAY 32		DAY 33	
DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER	
Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée		Main Line Entrée	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Herb Vinaigrette Baked Salmon(Mod)	L-835-00	Mexican Pepper Steak	L-035-53	Spicy Turkey Meatloaf Low)	L-085-00	Braised Pork Chops	L-368-02	Carne Asado Flank Steak (Low)	L-022-00	Beef Stew (Mod)	L-143-05	Herb Baked Chicken Breast(Low)	L210-00
Chicken Broccoli Alfredo (Low)	L-033-00	Chicken Cacciatore	L-039-01	Spaghetti w/ Meatballs(Mod)	L-192-00	Honey Mustard Chicken Breast (Mod)	L-162-00	Roasted Turkey (Mod)	L-322-00	Grilled Cajun Salmon (Mod)	L-069-00	Baked Ham (Mod)	L-043-00
Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based		Plant Forward/Based	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Spinach Lasagna (white pasta, ricotta cheese) (VE) RTU (High)	T-327-00	Black Bean and Spinach Enchiladas(Green) (High)		Plant Based 'Meatballs" (VG)RTU	T-303-00	Chickpea Curry and Basmati Rice Bowl (VG/VE)	T-312-01	Baked Tofu (VG)	T-173-50	Cheese Tortellini Marinara (Frozen Pasta, RTU Sauce (VE) (High)		Plant Based Chicken Cutlet	Q-340-00
Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
	O-322-00	Enchilada Sauce (High)	O-015-00	Tomato Sauce(VG)	O-006-02	Mustard Sauce	O-016-01	Brown Gravy Mix			L-069-50	Maple Gravy	
	O-311-00	Cacciatore Sauce (VG)											
Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables		Hot Vegetables	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Roasted Summer Squash (Fresh)(Mod) (VG) a	Q-080-00	Hacienda Corn and Black Beans (Mod) (VG)	Q-074-00/Q- 074-50	Squash and Carrot Medley(VE) (FreshFZN)(Mod/Low)a&c	Q-012-00	Sauteed Cabbage c (Mod)(VG)	Q-101-51/Q- 101-00	Green Beans (VG) (Fresh/Frozen)(Low)	Q-105-02/Q- 105-00	Broccoli (Fresh/Frozen)(Low) (VG) a&c	Q-111-51/Q- 111-00	Corn on the Cob (Fresh/Frozen) Steamed/Simmered(VG) Low	Q-005-50
Sugar Snap Peas (Frozen, Steamed)(VG)	Q-122-52/Q- 122-53	Roasted Zucchini Fresh/Frozen (Mod/High)(VG)	Q-109-50 /Q- 109-53	Cauliflower - Roasted Fresh/Frozen (Mod) (VG)	Q-116-50	Peas Steamed (Frzn)(Low)(VG)	Q-110-50	Corn (Frzn)(VG)(Low)	Q-122-52/Q- 122-53	Roasted Zucchini Fresh/Frozen (Mod/High)(VG)	Q-306-00/Q- 121-50	Sautéed Garlic Spinach,(VG) Fresh/Frozen (High)a&c	Q-310-00
Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Ginger Glazed Carrots (VG) a	Q-122-52	Roasted Zucchini(VG)	Q-029-53	Sautéed Collard Greens (Frozen)(VG) a&c	Q-009-00	Hot Spiced Beets (Canned) (Mod) VG	Q-109-51/Q- 109-53	Roasted Cauliflower (Fresh/Frzn)(Mod)c (VG)	Q-309-00/Q- 309-01	Green Beans (Fresh/Frzn Steamed (Low)(VG)	Q-017-01	Ginger Glazed Carrots (VG) a	Q-110-50
Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides		Starch sides	
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Quinoa (VG)	E-011-54	Mexican Rice (Brown) (VG)	E-332-00	Rice Medley (VG)	Q-305-00	Roasted Sweet Potatoes Wedges Skin On (VG)	Q-005-50	Pinto Beans (VG)	E-010-50	Red Beans and Rice (Brown) (Mod)(VG)	F-001-50	Baked Macaroni and Cheese (Whole Wheat) (VE)RTU	E-315-50
Penne(VG)(Low)	E-004-01	Egg Noodles (VE)	E-004-50	Spaghetti Whole Grain (VG)	E-323-01	Quinoa (VG)	Q-070-00	Garlic Roasted Potato Wedges (VG)	E-012-50	Buttered Egg Noodles (VE)	E-010-52	Meatless Hoppin John (VG)	Q-050-00
Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #
Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions	
Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name		Recipe Name	
Soup		Soup		Soup		Soup		Soup		Soup		Soup	
Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+	
Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+	

DAY 34		DAY 35
DINNER		DINNER
Main Line Entrée		Main Line Entrée
Recipe Name	Recipe #	Recipe Name
Sante Fe Glazed Chicken	L-119-50	Baked Pollock (Mod)
Beef Fajitas(Low)	L-143-03	Baked Chicken Breast (Low)
Plant Forward/Based		Plant Forward/Based
Recipe Name	Recipe #	Recipe Name
Chickpea Cauliflower Curry (VG)		Meat Analog Patty RTU (VG)
Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées
Recipe Name	Recipe #	Recipe Name
	O-016-01	Brown Gravy Mix
Hot Vegetables		Hot Vegetables
Recipe Name	Recipe #	Recipe Name
Pinto Beans (Dry)/Canned (Low/Mod)(VG)	Q-008-01	Citrus Beets (VG)
California Blend, Frozen (Steamed)(Low) VG a&c	Q-072-00	Sesame Glazed Green Beans (Frz/VE)
Optional Third Vegetable		Optional Third Vegetable
Recipe Name	Recipe #	Recipe Name
Corn(VG)	Q-108-53/Q- 108-54	Carrots Steamed(Fresh/Frzn)(Low)(VG)
Starch sides		Starch sides
Recipe Name	Recipe #	Recipe Name
Southwest Barley & Brown Rice (VG)	E-303-00	Lemon and Herb Quinoa (VG)
Oven Browned Potatoes (VE)	Q-066-00	Baked Sweet Potatoes (VG)
Recipe Name	Recipe #	Recipe Name
Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions
Recipe Name		Recipe Name
Soup		Soup
Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+
Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+