	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7		DAY 8
	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
	Main Line Entrée		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	Recipe #	Recipe Name
L-008-00	Teriyaki Steak	L-069-00	Baked Ham	L-342-00	Sesame Chicken (Breast, Boneless, Skinless)	L-081-00	Roast Pork Loin	L-005-00	Roast Beef	L-826-00	Savory Baked Chicken Breast (Moderate)	L-081-53	Rosemary Roast Pork Tenderloin	L-317-01	Grilled Salmon
L-198-00	Greek Lemon Turkey Pasta	L-210-00	Citrus Herb Chicken	L-341-00	Bulgogi (Korean Beef Recipe)	L-330-00	Salmon w Mediterranean Salsa	L-143-03	Baked Chicken Breast (Low)	L-822-00	Beef and Bean Burritos	L-022-00	Beef Stew	L-143-05	Herb Baked Chicken Breast(Boneless)
	Plant Forward/Based		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	Recipe #	Recipe Name
T-189-01	Italian Broccoli Pasta (VE)	T-009-02	Spinach Lasagna (white pasta, ricotta cheese) (VE) RTU (High)	T-310-00	Teriyaki Tofu (VE) (High)	E-321-02	Cheesy Brown Rice and Broccoli (Conventional, SJK + Oven)(VE)	T-316-00	BBQ Lentils and Cheesy Grits (VE) (High)	T-326-00	Plant Powered Chili Mac(VG) (High)	T-173-50	Cheese Tortellini Marinara (Frozen Pasta, RTU Sauce (VE) (High)		Plant Chicken Strips or Nuggets (VG) RTU
	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		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	Recipe #	Recipe Name
O-014-00	Teriyaki Sauce(VG)	L-069-50	Maple Gravy - Pork	O-008-00	Sweet and Sour Sauce (VG)	O-016-01	Brown Gravy Mix	O-016-01	Brown Gravy (Mix)	O-323-00	Enchilada Sauce (VG)	0-030-02	Tropical Fruit Salsa		Chicken Pan Gravy
				O-014-50	Teriyaki Marinade (VG)			O-002-01	Barbecue Sauce (Prepared)			O-018-00	Natural Pan Gravy (Au Jus)		
	Hot Vegetables		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	Recipe #	Recipe Name
Q-310-00	California Blend (Frozen, Steamed)(VG) a&c	Q-026-50/Q- 026-51	Herbed Green Beans (Fresh) (VG)/Herbed Green Beans (Frzn) High)	Q-108-02/108- 00	Carrots (Fresh)(Low) (VE)a Carrots (Frzn) (Low)	Q-122-50	Roasted Summer Squash (Fresh)(Mod) (VG) a	Q-109-50/Q- 109-52	Cauliflower Steamed (Fresh)Cauliflower Steamed (Frzn) (Low)(VG) c	Q-111-51/Q- 111-00	Corn on the Cob (Fresh/Frozen) Steamed/Simmered(VG) Low	Q-122-56	Summer Squash Sauteed (Fresh)(VG)a (Mod)	Q-326-00	Roasted Brussel Sprouts (Frzn)(Mod) NS/ VG
Q-122-54/Q122 55	Sautéed Zucchini (Mod) (Fresh)(VG) Sauteed Zucchini (High) (Frzn)	Q-339-00	Cabbage, Bulgur and Chickpea Stew (Fresh, Canned)(VG) c	Q-105- 02/Q105-00	Broccoli Steamed (Fresh)(Low)/ Broccoli (Frzn)(Low)(VG) a&c	Q-308-01	Sugar Snap Peas (Frozen, Steamed)(VG)	Q-029-53	Sauteed Collard Greens (Frzn) Mod	Q-306-00/Q- 121-50	Sautéed Garlic Spinach,(VG) Fresh/Frozen (High)a&c	Q-109-50 /Q- 109-53	Cauliflower - Roasted Fresh/Frozen (Mod) (VG)	Q-101-51/Q- 101-00	Green Beans (VG) (Fresh/Frozen)(Low)
	Optional Third Vegetable		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	Recipe #	Recipe Name
Q-348-00	Broccoli, Tomato and Olive Medley a/c NS/(VE)	Q-109-50	Cauliflower (Fresh, steamed)(VG) c	Q-116-50	Peas (Frozen)(VG)	Q-005-50	Pinto Beans/(Simmered Dry Beans (Pinto)(VG)	Q-013-50	Baked Sweet Potatoes and Apples (Fresh)(VE) a	Q-329-00	Green Beans with Orange Herb Vinaigrette (Fresh)(VG)	Q-122-50	Roasted Summer Squash (Fresh)(Mod) (VG) a	Q-314-00	Roasted Asparagus (VG)
	Starch sides		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	Recipe #	Recipe Name
Q-305-00	Roasted Sweet Potatoes Wedges Skin On (VG)	E-012-50	Buttered Egg Noodles (VE)	Q-005-51	Black Beans (VG)	E-004-63	Angel Hair- Capellini (Whole Wheat)(VG)	Q-050-00	Oven Browned Potatoes (VE)	E-011-54	Mexican Rice (Brown) (VG)	Q-335-00	Sweet and Spicy Lentils (VG)	E-303-00	Lemon and Herb Quinoa (VG)
E-006-53	Brown Rice (Conventional, Steamer)(VG)	Q-048-00	Mashed Potatoes (VE)	E-005-63	White Rice (VG)	Q-119-02	Potatoes, White (Fresh) (VG)	E-805-00	Rice Pilaf (Mix) (VG)	F-001-50	Baked Macaroni and Cheese (Whole Wheat) (VE)RTU	E-012-50	Buttered Egg Noodles (VE)(Low)	Q-048-50	Parmesan Garlic Mashed Potatoes (Fresh VEG)(VE)
	Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls
Recipe #	Recipe Name	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	Column1	Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions
	Soup		Soup		Soup		Soup		Soup		Soup		Soup		Soup
	Commercial Broth or Cream Base Soup, Stew or Chill 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 Chill 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+	Commercial Broth Based <600 Na+

	DAY 9		DAY 10		DAY 11		DAY 12		DAY 13		DAY 14		DAY 15		DAY 16
	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
	Main Line Entrée		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	Recipe #	Recipe Name
L-803-00	Oven Roasted Turkey	L-153-00	Chinese Five Spice Chicken (8 Pc)	L-005-00	Roast Beef	L-035-01	Turkey Meat Loaf (Mod)	L-366-00	Chesapeake Bay Shrimp	L 095 00	Mambo Mango Pork Roast	L-303-00	Caribbean Beef Curry	L-007-00	Grilled Top Sirloin Steak
L-007-00	Grilled Top Sirloin Steak	L-355-02	Beef with Broccoli (Fresh)	L-119-01	Baked Cod with Garlic Butter	L-050-00	Pork Chalupas RTU Pulled Pork	L-368-02	Carne Asada Flank Steak (Low)	L-826-00	Savory Baked Chicken Breast	L-069-00	Baked Ham	L-206-00	Bayou Chicken Breast
	Plant Forward/Based		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	Recipe #	Recipe Name
	Meat Analog Patty RTU (VG)	T-203-00	Vegetable Curry (VE)	E-307-00	Pesto Pasta (Multi Grain) VE		RTU Vegetable Burger (VG)	N-311-00	Zesty Southwest Black Bean Quesadilla (Black Bean Quesadilla)(VE/VG)	T-009-02	Spinach Lasagna (white pasta, ricotta cheese) (VE) RTU (High)	T-315-00	Tofu Curry (VG)		Meat Analog Patty RTU (VG)
	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		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	Recipe #	Recipe Name
O-016-51	Mushroom Gravy(High)(VG)	O-010-00	Szechwan Sauce (VG)	O-016-01	Brown Gravy Mix	O-308-00	Cilantro Chile Lime Sauce (VG)	O-016-05	Mushroom Gravy		Chicken Pan Gravy	O-016-01	Brown Gravy Mix	O-016-01	Brown Gravy Mix
O-018-00	Natural Pan Gravy (Au Jus)	O-014-50	Teriyaki Sauce (VG)							O-312-01	Mambo Mango Sauce (VG)				Creole Sauce (VG)
	Hot Vegetables		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	Recipe #	Recipe Name
Q-105-02/Q- 105-00	Broccoli (Fresh/Frozen)(Low) (VG)	Q-306-00/Q- 122-50	Sautéed Garlic Spinach (Fresh/Frozen)(High) (VG )a&c	Q-026-50/Q- 026-51	Herbed Green Beans (Fresh/Frozen)(Mod/High) (VG)	Q-064-01	Savory Summer Squash (Fresh)(Mod)(VE) a	Q-018-50/Q- 018-51	Cauliflower Au Gratin Fresh/Frzn (Mod) (VE) a	Q-310-00	California Blend, Frozen (Steamed)(Low) VG a&c	Q-012-00	Sauteed Cabbage c (Mod)(VG)	Q-108-53/Q- 108-54	Carrots Steamed(Fresh/Frzn)(Low)( VG) c
Q-122-52/Q- 122-53	Roasted Zucchini Fresh/Frozen (Mod/High)(VG)	Q-025-00/Q- 025-50	Vegetable Stir Fry (Fresh/Frozen)(High) (VG)	Q-024-53/Q- 024-52	Parmesan Cauliflower (Fresh/Frozen)(G/Y) (Mod) c (VE)	Q-005-50	Pinto Beans (Dry)/Canned (Low/Mod)(VG)	Q-105-02/Q- 105-00	Broccoli (Fresh/Frozen)(Low) (VG) a&c	Q-349-00/Q- 349-01	Sautéed Collard Greens with White Beans (Fresh/Frzn)(High)(VG) a&c	Q-116-50	Peas Steamed (Frzn)(Low)(VG)	Q-072-00	Sesame Glazed Green Beans (Frz/VE)
	Optional Third Vegetable		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	Recipe #	Recipe Name
Q-310-00	Steamed California Blend (Frozen)(VG) a&c	Q-320-00	Sautéed Peppers and Onions (VG)c	Q-017-01	Ginger Glazed Carrots (VG)	Q-026-50	Herbed Green Beans (Fresh)(VG)	Q-122-52	Roasted Zucchini(VG)	Q-302-00	Caribbean Style Baked Potato Casserole (VG)	Q-029-53	Sautéed Collard Greens (Frozen)(VG) a&c	Q-017-01	Ginger Glazed Carrots (VG)
	Starch sides		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	Recipe #	Recipe Name
Q-118-50	Roasted Sweet Potatoes (Fresh)(VG)	Q-300-00	Curried Lentils (VG)	T-501-03	Mashed Potatoes (Instant) (VE) (Mod)	Q-071-00	Rosemary Roasted Potato Wedges (VG)	E-004-01	Egg Noodles (VE)	E-016-50	Islander's Rice (White, Oven)(VG)	E-313-00	Basmati Rice (VG)	Q-070-00	Garlic Roasted Potato Wedges (VG)
Q-080-00	Hacienda Corn and Black Beans (Frz)(VG)	E-008-50	Rice Pilaf Brown (Mod)	E-323-01	Quinoa (VG)	E-019-01	Brown Rice w/ Tomatoes(VG) (Mod)	Q-044-00	Baked Potato (Fresh)(VG)	E-303-00	Lemon Herb Quinoa (VG)	Q-048-00	Mashed Potatoes (VE)	Q-005-50	Pinto Beans (VG)
	Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls		Hot Breads and Rolls
Recipe #	Recipe Name	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		Managers Choice Breads and Rolls Suggestions
*	Soup		Soup		Soup		Soup		Soup		Soup		Soup		Soup
	Commercial Broth or Cream Base Soup, Stew or Chill Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chill Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chill Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chill Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chill Based <600 Na+		Commercial Broth or Cream Base Soup, Stew or Chili Based <600 Na+

| Commercial Broth Based | c | Commercial Broth Based |
|------------------------|---|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| <600 Na+               |   | <600 Na+               |

	DAY 17		DAY 18		DAY 19		DAY 20		DAY 21		DAY 22		DAY 23		DAY 24
	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
	Main Line Entrée		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	Recipe #	Recipe Name
L-043-51	Beef Fajitas	L-222-00	Spicy Italian Pork Chop	L-162- 00/L803-00	Roast Tukey (Boneless) Green (Mod) or RTU	L-078-00	Chicken Adobo (8pc)	L-083-01	BBQ Pork Chops	L-081-53	Rosemary Roast Pork (Mod)	L-043-00	Beef Fajitas (Low)	L-034-00	Beef Tacos(Mod)
L-207-00	Southwestern Shrimp Linguini (Mod)	L-143-05	Herb Baked Chicken Breast Low	L-835-00	Mexican Pepper Steak	L-318-01	Baked Salmon w/ Herb Vinaigrette	L-039-01	Spaghetti w Meatballs	L-143-05	Herb Baked Chicken Breast (Low)	L127-50	Boiled Shrimp (high)	L-389-03	Mojo Roasted Pork Tenderloin (Mod)
	Plant Forward/Based		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	Recipe #	Recipe Name
T-327-00	Black Bean and Spinach Enchiladas(Green) (High)		Plant Chicken Strips or Nuggets (VG) RTU	T-165-51	Vegetarian Fiesta Pizza (RTU Crust) (VE) (High)		Plant Based Chicken Cutlet		Spaghetti w/plant based crumbles (VG)	T-009-02	Spinach Lasagna (white pasta, ricotta cheese) (VE) RTU (High)	T-310-00	Teriyaki Tofu (VE) (High)	E-321-02	Cheesy Brown Rice and Broccoli (Conventional, SJK + Oven)(VE)
	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		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	Recipe #	Recipe Name
O-301-00	Salsa Verde (VG)	O-015-00	Tomato Sauce(VG)	RTU	Salsa (VE/VG)	0-322-00	Adobo Marinade and Sauce	O-002-01	Barbecue Sauce (Prepared)	O-016-01	Brown Gravy Mix	0-011-01	Cocktail Sauce	O-007-00	Taco Sauce(Low)
	Hot Vegetables		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	Recipe #	Recipe Name
Q-328-00	Butternut Squash/ Squash, Winter (Mod) (VG) a	Q-009-00	Hot Spiced Beets (Canned) (Mod) VG	Q-109-51/Q- 109-53	Roasted Cauliflower (Fresh/Frzn)(Mod) <mark>c</mark> (VG)	Q-105-02/Q- 105-00	Broccoli (Fresh/Frozen)(Low) (VG) a&c	Q-074-00/Q- 074-50	Squash and Carrot Medley(VE) (FreshFZN)(Mod/Low)a&c	Q-105-02/Q- 105-00	Broccoli (Frsh/Frzn)(Low)(VG) a&c	Q-076-01	South of the Border Medley (VG)(Mod) a	Q-310-00	California Blend, Frozen (Steamed) a&c (VG)
Q-122-54	Sautéed Zucchini (VG) (Fresh/Frzn)(Mod/High)	Q-106-5/Q- 106-54	Sauteed Brussel Sprouts(VG) (Fresh/Frzn)(Mod)	Q-076-01	South of the Border Medley (Frzn)(Mod)(VG) a	Q-356-00	Roasted Cherry Tomatoes (Fresh) Moderate	Q-309-00/Q- 309-01	Green Beans (Fresh/Frzn Steamed (Low)(VG)	Q-108-00	Roasted Carrots / Carrots Roasted (Fresh)(VG) a	Q-005-50	Pinto Beans(VG)(Low)	Q-122-52/Q- 122-53	Roasted Zucchini Fresh/Frozen (Mod/High)(VG)
	Optional Third Vegetable		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	Recipe #	Recipe Name
Q-110-50	Corn(VG)	Q-116-50	Peas (VG)	Q-309-00/Q- 309-01	Green Beans (Fresh/Frzn Steamed (Low)(VG)	Q-009-00	Hot Spiced Beets (Canned) (Mod) VG	Q-024-53/Q- 024-52	Parmesan Cauliflower (Fresh/Frozen)(G/Y) (Mod) c (VE)	Q-337-00	Za'atar Potatoes and Kale (Fresh)(VG) a&c	Q-109-50	Cauliflower (Fresh, steamed)(VG) c	Q-029-03	Southern Style Kale a&c
	Starch sides		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	Recipe #	Recipe Name
E-315-50	Southwest Barley & Brown Rice (VG)	T-501-02	Pasta Primavera (VE)	Q-079-00	Hacienda Potatoes (VG)	E-007-59	Filipino Rice, (Brown Parboiled) Pork	E-004-50	Spaghetti Whole Grain (VG)	E-805-00	Rice Pilaf Mix RTU	E-005-60	Baked White Rice (VG) (Low)	Q-005-51	Black Beans (VG)
L-207-00	Linguini	Q-078-00	Herbed Potatoes (VE)	E-006-53	Brown Rice (Steamer)(VG)	Q-066-00	Baked Sweet Potatoes (VG)	Q-048-00	Mashed Potatoes (VE)	E-323-50/00	Quinoa (Low) (VG)	Q-048-00	Mashed Potatoes(VE) (Mod)	E-334-00	Cilantro Lime Rice(Brown Rice)(VG)(Low)
	Hot Breads and Rolls		Breads and Rolls		Breads and Rolls		Breads and Rolls		Breads and Rolls	Column1	Breads and Rolls	Column3	Breads and Rolls2	Column1	Breads and Rolls
Recipe #	Recipe Name	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		Managers Choice Breads and Rolls Suggestions
	Soup		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+		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions

Commercial Broth Based	Commercial Broth Based	Commercial Broth Based	Commercial Broth Based	Commercia	al Broth Based	Commercial Broth Based	Commercial Broth Based	Commercial Broth Based
<600 Na+	<600 Na+	<600 Na+	<600 Na+	<60	00 Na+	<600 Na+	<600 Na+	<600 Na+

	DAY 25		DAY 26		DAY 27		DAY 28		DAY 29		DAY 30		DAY 31		DAY 32
	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
	Main Line Entrée		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	Recipe #	Recipe Name
L-144-01	Baked Chicken and Noodles(Mod)	L-005-00	Roast Beef (Mod)	L-064-01	Creole Turkey Macaroni(High)	L-092-50	BBQ Spareribs (Mod)	L-081-01	Roast Pork Tenderloin (Mod)	L-038-50	Spaghetti (Turkey) (Mod)	L-069-00	Baked Ham(Mod)		Lasagna Frzn
L-317-01	Grilled Salmon (Mod)	L-143-03	Baked Chicken Breast(L)	L-355-02	Beef and Broccoli (High)	L-119-04	Herb Baked Cod (Mod)	L-449-00	Chicken and Gravy (High)	L-119-50	Baked Pollock (Mod)	L-826-00	Savory Baked Chicken Breast(Mod)	L-143-03	Chicken Breast Baked(Low)
	Plant Forward/Based		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	Recipe #	Recipe Name
T-316-00	BBQ Lentils and Cheesy Grits (VE) (High)	T-326-00	Plant Powered Chili Mac(VG) (High)	T-189-01	Italian Broccoli Pasta (VE)		Plant Chicken Strips or Nuggets (VG) RTU		Meat Analog Patty RTU (VG)	T-173-50	Cheese Tortellini Marinara (Frozen Pasta, RTU Sauce (VE) (High)	T-203-00	Vegetable Curry (VE)	E-307-00	Pesto Pasta (Multi Grain) VE
	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		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	Recipe #	Recipe Name
O-308-00	Cilantro Chili Lime Sauce	O-018-00	Natural Pan Gravy (Au Jus)	O-005-00	Creole Sauce		BBQ Sauce	O-016-01	Brown Gravy Mix			L-069-50	Maple Gravy - Pork	O-016-01	Brown Gravy Mix
		O-016-01	Brown Gravy Mix									O-016-01	Brown Gravy Mix		
	Hot Vegetables		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	Recipe #	Recipe Name
Q-001-02	Medley of Broccoli, Corn and Carrots (Frz)(VG)a&c	Q-122-50/Q- 064-01	Roasted Summer Squash (Fresh) (VG) a	Q-101-51/Q- 101-00	Beans, Green Whole (Frsh/Frzn)(Low)(VG)	Q-349-00	Sautéed Collard Greens with White Beans (VG) a&c	Q-018- 50/Q-018-51	Broccoli Au Gratin (Frsh/Frzn) (mod) a&c (VE)	Q-064-01	Savory Squash (VG) (Mod)	Q-346-01	Spanish Spinach with Chickpea (VG) a&c	Q-326-00	Roasted Brussel Sprouts (Frzn)(Mod) NS/ VG
Q-008-00	Harvard Beets (VE)(Mod)	Q-012-00	Sautéed Cabbage (Fresh)(VG)c	Q-108-00	Roasted Carrots / Carrots Roasted (Fresh)(VG) a	Q-310-00	California Blend, Frozen (Steamed) (VG) a&c	Q-116-50	Peas (frozen)(VG)	Q-314-00/Q- 100-52	Roasted/Sauteed Asparagus(Mod) (VG)	Q-109-50/Q- 109-52	Cauliflower(Frsh/Frzn) Steamed)(VG)(Low) c	Q-328-00	Roasted Butternut Squash (Fresh) (VG) a
	Optional Third Vegetable		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	Recipe #	Recipe Name
Q-100-51/Q- 100-52	Asparagus Roasted Frsh/Fzn (VG)(Mod)	Q-109-50	Cauliflower (Fresh, steamed)(VG) c	Q-300-00	Curried Lentils(VG)	Q-122-56	Summer Squash (Fresh)(VG) <mark>a</mark>	Q-108-00	Carrots (Frz/VG) a	Q-026-50	Herbed Green Beans (Fresh) (VG)	Q-315-00\Q- 315-01	Broccoli Roasted(Fresh/Frzn)(VG) a&c	Q-308-01	Sugar Snap Peas (Frozen, Steamed)(VG)
	Starch sides		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	Recipe #	Recipe Name
E-004-52	Egg Noodles WW/WG (VE)(Low)	Q-070-00	Garlic Roasted Potato Wedges (VG)	E-010-50	Red Beans and Rice (Brown) (Mod)(VG)	E-005-60	Baked White Rice (VG) (Low)	F-001-50	Baked Macaroni and Cheese (Whole Wheat) (VE)RTU	E-004-51	Spaghetti WG(VG)(Low)	E-010-52	Meatless Hoppin John (VG)	E-324-00	Barley (VE)
E-303-00	Lemony Herbed Quinoa (VG) (Mod)	Brown Rice (Convention al, Steamer)(V	Brown Rice (Conventional, Steamer)(VG)	E-004-54/53	Multigrain/WW Elbow Macaroni ((VE)(Low)	Q-066-00	Baked Sweet Potatoes(VG)(Low)	Q-048-00	Mashed Potatoes(VE) (Mod)	Q-044-00	Baked Potato (Fresh)(VG)	Q-048-00	Mashed Potatoes(VE) (Mod)	E-004-63	Angel Hair- Capellini (Whole Wheat)(VG)
Column3	Breads and Rolls2		Breads and Rolls	Column3	Column4	Column1	Column1	Column2	Column3	Column4	Column1	Column2	Column1	Column2	Column3
Recipe #	Recipe Name	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		Managers Choice Breads and Rolls Suggestions
	Soup		Soup		Soup		Soup		Soup	_	Soup		Soup		Soup
	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		Managers Choice Breads and Rolls Suggestions

1 000 Na* 1 000			Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+		Commercial Broth Based <600 Na+
---	--	--	------------------------------------	--	---------------------------------	--	------------------------------------	--	------------------------------------	--	------------------------	--	---------------------------------	--	------------------------------------	--	---------------------------------

	DAY 33		DAY 34		DAY 35
	LUNCH		LUNCH		LUNCH
	Main Line Entrée		Main Line Entrée		Main Line Entrée
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
L-053-00	Beef Stroganoff(High)	L-119-04	Herb Baked Cod (Mod)	L-016-00	Swiss Steak (High)
L-051-50	Chicken Breast Parmesan (mod)	L-081-01	Roast Pork Tenderloin (Mod)	L-198-00	Greek Lemon Turkey Pasta (Mod)
	Plant Forward/Based		Plant Forward/Based		Plant Forward/Based
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
	RTU Vegetable Burger (VG)		Plant Based Chicken Cutlet		Meat Analog Patty RTU (VG)
	Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées		Sauces, Gravy, Condiments for Entrées
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
O-015-00	Tomato Sauce(VG)	O-016-01	Brown Gravy Mix		
	Hot Vegetables		Hot Vegetables		Hot Vegetables
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
Q-012-00	Sauteed Cabbage c (Mod)(VG)	O-503-00	Okra Mélange(FZN) (VE) (High)	Q-105- 02/Q105-00	Broccoli Steamed (Fresh)(Low)/ Broccoli (Frzn)(Low)(VG) a&c
Q-126-00	Mixed Vegetables(Frzn) (Low)	Q-025-00/Q- 025-50	Vegetable Stir Fry (Fresh/FZN) (VG/VE)(High)	Q-108-51	Roasted Carrots /FRZ (VG)
	Optional Third Vegetable		Optional Third Vegetable		Optional Third Vegetable
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
Q-111-00	Corn (Frz/VG)	Q-074-00	Squash and Carrot Medley (Fresh)(VG) a&c	Q-326-00	Roasted Brussel Sprouts (Frzn)(Mod) NS/ VG
	Starch sides		Starch sides		Starch sides
Recipe #	Recipe Name	Recipe #	Recipe Name	Recipe #	Recipe Name
E-012-50	Buttered Egg Noodles (VE)(Low)	E-332-00	Rice Medley (VG)	E-019-01	Brown Rice w/ Tomatoes(VG) (Mod)
E-323-01	Quinoa (VG)	Q-119-50	Roasted Potatoes(VG)(Moderate)	E-004-59	Rotini Whole Grain(VG)
Column4	Column1	Column2	Column3	Column4	Column5
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
	Soup		Soup		Soup
	Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions		Managers Choice Breads and Rolls Suggestions

Commercial Broth Based <600 Na+	Commercial Broth Based <600 Na+	Commercial Broth Based <600 Na+