

GOLDEN GOURMET

7 Complete Meal Solution

08/15/19

Code 4708 week 1

Country Herb chicken Mashed potatoes Green beans Carrots Milk margarine Whole wheat bread Raisin bran Orange juice 5046	Salisbury steak cubed potatoes Peas and carrots Milk Margarine Whole Wheat bread Oatmeal Cookie 5044	Swedish Style Meatballs Noodles Broccoli Black Bean Blend Milk Margarine Whole Wheat Bread Moon pie Apple Juice 5062	Homestyle lasagna Italian green beans Yellow squash Milk Margarine Whole wheat bread Moon pie 5098	Cheesy Scrambled Eggs w Turkey Sausage Grits Cinnamon peaches Milk margarine Whole wheat bread Raisin Bran 6019
Cheese tortellini Brussel sprouts carrots Milk Margarine Whole Wheat bread Nutrigrain bar Orange juice 5078	BBQ Pork Rib Patty Sweet Potatoes Greens Milk Margarine Whole Wheat bread Apple Juice 5030			

Code 4709 week 2

Chicken Cacciatore Brussel Sprouts Yellow Squash Milk Margarine Whole Wheat bread Raisins 5060	Meatballs w Rice w Mushroom Gravy Zucchini Mixed vegetables Milk Margarine Whole wheat bread Orange juice 5094	Western Scramble Eggs w ham Cinnamon peaches Seasoned potatoes Milk Margarine Whole Wheat bread Raisin Bran 6021	Charbroiled Beef patty Mashed potatoes Peas and carrots corn Milk Margarine Whole Wheat bread Orange juice 5049	Chicken Rice w Mushroom Sauce w mozzarella cheese Broccoli, Carrots Milk Margarine Raisins Apple juice 5066
Cheese Ravioli w marinara sauce Cauliflower, broccoli Milk Margarine WholeWheat bread Apple Juice Nutrigrain bar 5079	Beef Stew Green beans Yellow Squash Milk Margarine Whole Wheat bread Raisins 5072			

Code 4710 week 3

Southern Style Fish Over rice Green peas California blend Milk Margarine whole wheat bread Raisins 5099	Monterey Jack Omelet w Turkey sausage Seasoned potatoes Cinnamon applesauce Milk Margarine Whole 6024	Chicken Ala King Cheesy Cauliflower Brussel sprouts Milk Margarine Whole wheat bread Apple Juice 5086	Turkey dressing gravy Sweet potatoes Green beans Milk margarine Whole wheat bread Nutrigrain bar Blended juice 5053	Sante Fe Chicken Lima Bean Blend Carrots Milk Margarine Whole Wheat bread Orange Juice 5093
Linguine Alfredo w Vegetable blend and Parmesan cheese Brussel sprouts Yellow squash Milk Margarine Whole Wheat bread Apple juice 5065	Chicken Chili w beans & rice Peas and carrots Yellow squash Milk Margarine Whole wheat bread Oatmeal Cookie 5097			

Code 4712 week 4

Cheddar Mac & Beef California Blend Peas w Pepper and Onions Milk Margarine Whole wheat bread Oatmeal Cookie 5092	Chicken Broccoli Alfredo Carrots Zucchini red peppers Milk Margarine Whole Wheat bread Apple Juice Moon Pie 5042	Breaded Baked Fish Lima Beans Corn w peppers Milk Margarine Whole Wheat bread Raisin bran blended juice 5045	Chicken Teriyaki Over rice w veggies Green beans Yellow squash Milk Margarine Whole wheat bread Nutigrain bar Raisins 5054	Spaghetti Meatballs Broccoli Black bean blend Milk Margarine Whole Wheat bread Orange juice 5043
Ginger Chicken & rice w black beans Carrots Cauliflower Milk Margarine Whole Wheat bread Blended juice 5084	Spanish Omelet Seasoned Potatoes Cinnamon Applesauce Milk Margarine Raisin bran orange juice 6020			

Code 4713 week 5

Grilled Pork Patty Mashed Potatos w Mushroom Gravy Green beans CaliBlend Veggies Milk Margarine Whole wheat bread Nutrigrain bar 5031	Turkey Tetrazzini Yellow squash Brussel sprouts Milk Margarine Whole wheat bread Cinnamon applesauce 5068	Georgia Brunswick Stew Green beans Carrots Milk Margarine Whole wheat bread Oatmeal Cookie 5090	Fiesta Chicken Over rice w chili sauce Black Beans Yellow squash Milk Margarine Whole Wheat bread Orange juice 5077	Meatloaf Gravy Brussel Sprouts Carrots Whole Wheat bread Milk Margarine Moon Pie 5048
French Toast sticks Turkey sausage Seasoned potatoes peaches Milk Margarine Raisin bran Orange juice 6022	Mesquite Chicken w rice blend Green beans Carrots Milk Margarine whole wheat bread Apple Juice Raisins 5041			

Code 4714 week 6

Turkey Pot Roast Mashed Potato Green Beans, Carrots Milk Margarine Whole Wheat bread Cinnamon Applesauce 5074	Chicken Parmesan Zucchini Yellow squash Milk Margarine Whole Wheat bread Oatmeal Cookie 5047	Mac and cheese Peas Carrots Milk Margarine Whole Wheat bread Nutrigrain bar 5052	Creole Baked fish Cauliflower Green beans Milk Margarine Whole Wheat bread Orange juice 5085	Sweet and Sour Chicken w rice Carrots, Sugar peas Milk Margarine Whole Wheat Bread Raisins blended juice 5076
Roasted chicken Cubed potatoes Carrots Lima beans Milk Margarine Whole Wheat bread Apple juice Moon pie 5040	Butter milk pancakes w Turkey sausage hash browns cinnamon applesauce Milk Margarine Orange Juice 6025			