

GOLDEN GOURMET

7 Complete Meal Solution

06/2017

Code 4708

Salisbury Steak Red skin potato Pease and carrots Milk Margarine Whole wheat bread Squeezable Fruit 5044	Breaded Baked Fish Brussel sprouts Yellow squash Milk Margarine Whole Wheat bread Raisin Bran Apple juice 5045	Turkey Pot Roast Mashed Potato Green Beans, Carrots Milk Margarine Whole Wheat bread Cinnamon Apple sauce Raisins 5074	Two Bean Chicken Chili Peas and Carrots Yellow squash Milk Margarine Whole Wheat bread Raisins 5097	Fiesta Chicken Black Beans & corn Yellow squash Milk Margarine Whole Wheat bread Orange juice 5077
Sweet Sour Chicken Over rice Carrots Oriental Snap Peas Milk Margarine Whole Wheat Bread Raisins Orange Juice 5076	Meatballs Mushroom Gravy Zucchini Mixed vegetables Milk Margarine Whole wheat bread Orange juice 5094			

Code 4709

Chicken Rice w Mushroom Sauce Broccoli Carrots Milk Margarine Raisins Apple juice 5066	Brunswick Stew Green beans Carrots Milk Margarine Whole wheat bread Squeezable fruit 5090	Roasted Chicken Red skin Potato Snap peas and carrots Milk Margarine Whole Wheat bread Apple Juice Moon pie 5040	Spaghetti Meatballs Broccoli Black bean blend Milk Margarine Whole Wheat bread Orange juice 5043	Turkey Tetrizzini Yellow squash Spinach & chickpeas Milk Margarine Whole wheat bread Cinnamon applesauce 5068
Southern Style Fish Green peas California blend Milk Margarine Whole Wheat bread Raisins 5099	Homestyle lasagna Itl green beans Garbanzo bean Milk Margarine Whole wheat bread Moon Pie 5098			

Code 4710

<p>Mesquite chicken bbq Carrots Green beans Milk Margarine Whole Wheat bread Apple juice Raisins 5041</p>	<p>Ginger Chicken over Veggie rice Snap Peas Cauliflower Milk Margarine Whole wheat bread Nutrigrain bar Raisins 5084</p>	<p>Meatballs Mushroom Gravy Zucchini Mixed vegetables Milk Margarine Whole wheat bread Orange juice 5094</p>	<p>Meatloaf Gravy Brussel Sprouts Corn Whole Wheat bread Milk Margarine Squeezable fruit 5048</p>	<p>Homestyle lasagna Italian green beans Garbanzo bean blend Milk Margarine Whole wheat bread Moon pie 5098</p>
<p>Fettuccini w meat Sauce Crinkle Cut carrots Lima Beans Milk Margarine Whole wheat bread Orange Juice Squeezable fruit 5091</p>	<p>Turkey Pot Roast Mashed Potato Green Beans, Carrots Milk Margarine Whole Wheat bread Cinnamon applesauce 5074</p>			

Code 4712

<p>Sante Fe Chicken Lima Bean Blend Corn Milk Margarine Whole Wheat bread Orange Juice 5093</p>	<p>Salisbury steak Red skin potatoes Peas and carrots Milk Margarine Whole Wheat bread Squeezable Fruit 5044</p>	<p>Charbroiled Beef patty Mashed potatoes Peas and carrots Black bean blend Milk Margarine Whole Wheat bread Orange juice 5049</p>	<p>Roasted Chicken Red skin Potato Snap peas and carrots Milk Margarine Whole Wheat bread Apple Juice Moon pie 5040</p>	<p>Swedish Style Meatballs Noodles Broccoli Black Bean Blend Milk Margarine Whole Wheat Bread Moon pie Apple Juice 5062</p>
<p>Brunswick Stew Green beans Carrots Milk Margarine Whole wheat bread Squeezable fruit 5090</p>	<p>Chicken Parmesan Zucchini Yellow squash Milk Margarine Whole Wheat bread Cinnamon applesauce 5047</p>			

Code 4713

Roasted Chicken Red skin Potato Snap peas and carrots Milk Margarine Whole Wheat bread Apple Juice Moon pie 5040	Turkey & Dressing Corn Green Beans Milk Margarine Whole wheat bread Orange juice Nutri Grain Bar 5053	Chicken Teriyaki Oriental snap peas Yellow squash Milk Margarine Whole wheat bread Raisins 5054	Salisbury steak Red skin potatoes Peas and carrots Milk Margarine Whole Wheat bread Squeezable Fruit 5044	Creole baked fish Cauliflower Whole green beans Milk Margarine Whole wheat bread Orange juice 5085
Meatballs Mushroom Gravy Zucchini Mixed vegetables Milk Margarine Whole wheat bread Orange juice 5094	Fettucinni w meat Sauce Crinkle Cut carrots Lima Beans Milk Margarine Whole wheat bread Orange juice Squeezable fruit 5091			

Code 4714

Country herb chicken Mashed potatoes Green beans Carrots Milk Margarine Whole wheat bread Raisin bran Orange juice 5046	Meatloaf Gravy Brussel Sprouts Corn Whole Wheat bread Milk Margarine Squeezable fruit 5048	Breaded Baked Fish Brussel sprouts Yellow squash Milk Margarine Whole Wheat bread Raisin Bran Apple juice 5045	Chicken Ala King Cheesy Cauliflower Chickpeas Milk Margarine Whole wheat bread Orange juice 5086	Chicken Cacciatore Brussel Sprouts Yellow Squash Milk Margarine Whole Wheat bread Raisins 5060
Swedish Style Meatballs Noodles Broccoli Black Bean Blend Milk Margarine Whole Wheat Bread Moon pie Apple Juice 5062	Sante Fe Chicken Lima Bean Blend Corn Milk Margarine Whole Wheat bread Orange Juice 5093			