

DAY	Menu	DAY	Menu	DAY	Menu
1	Garden fresh salad bar, soup, dessert station, and drinks available. Menu subject to change.	1	Garden fresh salad bar, soup, dessert station, and drinks available. Menu subject to change.	1	Garden fresh salad bar, soup, dessert station, and drinks available. Menu subject to change.
	Sunday, February 14, 2021		Sunday, March 14, 2021		Sunday, April 11, 2021
	Lunch		Lunch		Lunch
	Beef Ball Stroganoff (Yellow, Moderate)		Shrimp Scampi (Yellow, High)		Shrimp Scampi (Yellow, High)
	Spaghetti w/Turkey Meat Sauce (Green, Moderate)		Stuffed Green Peppers w/Turkey and Lentils (Green, High)		Stuffed Green Peppers w/Turkey and Lentils (Green, High)
Orange Rosemary Honey Glazed Pork Chop (Yellow, Low)	Orange Rosemary Honey Glazed Pork Chop (Yellow, Low)	Orange Rosemary Honey Glazed Pork Chop (Yellow, Low)			
Dinner	Dinner	Dinner			
Bourbon Chicken (Yellow, Low)	Hot and Spicy Chicken (Green, Moderate)	Hot and Spicy Chicken (Green, Moderate)			
Baked Dijon Pork Chop (Green, Moderate)	Spinach Lasagna (Yellow, High)	Spinach Lasagna (Yellow, High)			
Shrimp Jambalaya (Yellow, High)	Mambo Pork Roast (Yellow, Low)	Mambo Pork Roast (Yellow, Low)			
2	Monday, February 15, 2021	2	Monday, March 15, 2021	2	Monday, April 12, 2021
	Lunch		Lunch		Lunch
	Cranberry Glazed Chicken (Green, Moderate)		Chicken Ala King (Green, Moderate)		Chicken Ala King (Green, Moderate)
	Orzo w/ Spinach, Tomato, and Onion (Yellow, High)		Broccoli Quiche (Yellow, Low)		Broccoli Quiche (Yellow, Low)
	Hamburger Yakisoba (Yellow, Low)		Roast Beef (Green, High)		Roast Beef (Green, High)
Dinner	Dinner	Dinner			
Caribbean Chicken Breast (Green, Moderate)	Baja Fish Taco (Green, High)	Baja Fish Taco (Green, High)			
Meat loaf (Yellow, Moderate)	Beef and Corn Pie (Green, Moderate)	Beef and Corn Pie (Green, Moderate)			
Eggplant Parmesan (Red, High)	Eggplant Parmesan (Red, High)	Eggplant Parmesan (Red, High)			
3	Tuesday, February 16, 2021	3	Tuesday, March 16, 2021	3	Tuesday, April 13, 2021
	Lunch		Lunch		Lunch
	Swedish Turkey Meatballs (Yellow, High)		Harvest Veg and Bean Ragout (Green, Moderate)		Harvest Veg and Bean Ragout (Green, Moderate)
	Fish Veracruz (Green, Moderate)		Baked Stuffed Fish (Yellow, Low)		Baked Stuffed Fish (Yellow, Low)
	Grilled Pork Chops (Yellow, Low)		Parmesan Crusted Pork Chop (Yellow, High)		Parmesan Crusted Pork Chop (Yellow, High)
Dinner	Dinner	Dinner			
Mr Z's Baked Chicken (Yellow, Moderate)	Turkey Ala King (Yellow, High)	Turkey Ala King (Yellow, High)			
Baja Baked Cod (Green, High)	Grilled Salmon w/Citrus Butter (Yellow, High)	Grilled Salmon w/Citrus Butter (Yellow, High)			
Cheese Tortellini with Marinara (Green, High)	Cheese Tortellini with Marina (Green, High)	Cheese Tortellini with Marina (Green, High)			
4	Wednesday, February 17, 2021	4	Wednesday, March 17, 2021	4	Wednesday, April 14, 2021
	Lunch		Lunch		Lunch
	Beef Pot Pie (Yellow, High)		California Veggie Quesadilla (Yellow, Moderate)		California Veggie Quesadilla (Yellow, Moderate)
	Lemon Pepper Catfish (Yellow, Low)		Fish Veracruz (Green, Moderate)		Fish Veracruz (Green, Moderate)
	Stir Fry Chicken w/Broccoli (Green, High)		Chicken Breast Dijon (Yellow, High)		Chicken Breast Dijon (Yellow, High)
Dinner	Dinner	Dinner			
Savory Baked Chicken (Yellow, Moderate)	Chicken with Dumplings (Yellow, Moderate)	Chicken with Dumplings (Yellow, Moderate)			
Almond Crusted Cod (Yellow, Moderate)	Almond Crusted Cod (Yellow, Moderate)	Almond Crusted Cod (Yellow, Moderate)			
Grilled Steak (Green, Low)	Grilled Steak (Green, Low)	Grilled Steak (Green, Low)			
5	Thursday, February 18, 2021	5	Thursday, March 18, 2021	5	Thursday, April 15, 2021
	Lunch		Lunch		Lunch
	Hungarian Goulash w/Noodles (Green, High)		Spaghetti w/Meatballs (Ground Turkey) (Yellow, Low)		Spaghetti w/Meatballs (Ground Turkey) (Yellow, Low)
	Chicken Florentine (Green, Low)		Chicken Cacciatore (Green, Moderate)		Chicken Cacciatore (Green, Moderate)
	Grilled Bratwurst (Red, High)		BBQ Beef Cubes (Red, High)		BBQ Beef Cubes (Red, High)
Dinner	Dinner	Dinner			
Herbed Baked Chicken (Green, Low)	Herbed Baked Chicken (Green, Low)	Herbed Baked Chicken (Green, Low)			
Creole Shrimp (Yellow, High)	Lemon Basil Shrimp Pasta (Yellow, Moderate)	Lemon Basil Shrimp Pasta (Yellow, Moderate)			
Pepper Steak (Yellow, Low)	Pepper Steak (Yellow, Moderate)	Pepper Steak (Yellow, Moderate)			
6	Friday, February 19, 2021	6	Friday, March 19, 2021	6	Friday, April 16, 2021
	Lunch		Lunch		Lunch
	Hot And Spicy Chicken (Green, Moderate)		Honey Ginger Chicken (Green, Low)		Honey Ginger Chicken (Green, Low)
	Polynesian Fillet (Green, Low)		Lemon Basil Pasta (Yellow Moderate)		Lemon Basil Pasta (Yellow Moderate)
	Quick and Easy Chow Mein (Green, Moderate)		Stuffed Baked Pork Chops (Yellow, Low)		Stuffed Baked Pork Chops (Yellow, Low)
Dinner	Dinner	Dinner			
Asian BBQ Turkey (Green, Moderate)	Swiss Steak w/Brown Gravy (Yellow, High)	Swiss Steak w/Brown Gravy (Yellow, High)			
Baked Fish w/Lemon Garlic Butter (Green Moderate)	Cranberry Glazed Chicken (Green, Moderate)	Cranberry Glazed Chicken (Green, Moderate)			
Teriyaki Pork Steak (Yellow, High)	Pork Roast Tenderloin (Green, Low)	Pork Roast Tenderloin (Green, Low)			
7	Saturday, February 20, 2021	7	Saturday, March 20, 2021	7	Saturday, April 17, 2021
	Lunch		Lunch		Lunch
	Honey Ginger Chicken (Green, Low)		Chicken Cordon Bleu (Red, High)		Chicken Cordon Bleu (Red, High)
	Cheese Manicotti (Yellow, High)		Baja Fish Tacos (Green, High)		Baja Fish Tacos (Green, High)
	Polish Sausage (Red, High)		Beef Brogul (Yellow, Low)		Beef Brogul (Yellow, Low)
Dinner	Dinner	Dinner			
Jamaican Chicken Green, Low)	Jamaican Chicken (Green, Low)	Jamaican Chicken (Green, Low)			
Pasta Primavera (Yellow, Moderate)	Pasta Primavera (Yellow, Moderate)	Pasta Primavera (Yellow, Moderate)			
Country Style Fried Steak (Red, Moderate)	Grilled Pork Chops (Yellow, Low)	Grilled Pork Chops (Yellow, Low)			
8	Sunday, February 21, 2021	8	Sunday, March 21, 2021	8	Sunday, April 18, 2021
	Lunch		Lunch		Lunch
	Beef Fajita Quinoa (Green, Low)		Chicken Fajita Quinoa (Green, Low)		Chicken Fajita Quinoa (Green, Low)
	Pork Chops w/Pineapple Asian Glaze (Yellow, Low)		Pork Chops Mexicana (Green, Moderate)		Pork Chops Mexicana (Green, Moderate)
	Parmesan Crusted Cod (Yellow, Moderate)		Parmesan Crusted Cod (Yellow, Moderate)		Parmesan Crusted Cod (Yellow, Moderate)
Dinner	Dinner	Dinner			
Chicken Parmesan (Yellow, Moderate)	Swedish Meatballs (Ground Turkey) (Yellow, High)	Swedish Meatballs (Ground Turkey) (Yellow, High)			
Cajun Baked Fish (Green, Moderate)	Lemon Baked Fish (Green, Low)	Lemon Baked Fish (Green, Low)			
Sweet Chili BBQ Meatballs (Yellow, Low)	Italian Broccoli Pasta (Yellow, High)	Italian Broccoli Pasta (Yellow, High)			
9	Monday, February 22, 2021	9	Monday, March 22, 2021	9	Monday, April 19, 2021
	Lunch		Lunch		Lunch
	Baked Turkey & Noodles (Yellow, Moderate)		Baked Turkey & Noodles (Yellow, Moderate)		Baked Turkey & Noodles (Yellow, Moderate)
	Baja Fish Tacos (Green, High)		Southwestern Sweet Potatoes w Black Beans and Corn (Green, Moderate)		Southwestern Sweet Potatoes w Black Beans and Corn (Green, Moderate)
	Ranchero Steak (Yellow)		Beef Stir Fry (Green, High)		Beef Stir Fry (Green, High)
Dinner	Dinner	Dinner			
Chicken Enchiladas (Yellow, High)	BBQ Beef Cubes (Red, High)	BBQ Beef Cubes (Red, High)			
Fish Veracruz (Green, Moderate)	Polynesian Fillet (Green, Low)	Polynesian Fillet (Green, Low)			
Pasta Toscano (Yellow, High)	Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice (Green, Low)	Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice (Green, Low)			
10	Tuesday, February 23, 2021	10	Tuesday, March 23, 2021	10	Tuesday, April 20, 2021
	Lunch		Lunch		Lunch
	Southern Fried Chicken (Red, Moderate)		Southern Fried Catfish (Red, Moderate)		Southern Fried Catfish (Red, Moderate)
	Shrimp Jambalaya (Yellow, High)		Stuffed Green Peppers (Beef) (Yellow, High)		Stuffed Green Peppers (Beef) (Yellow, High)
	Baked Dijon Pork Chop (Green, Moderate)		Chicken Florentine (Green, Low)		Chicken Florentine (Green, Low)
Dinner	Dinner	Dinner			
Basil Baked Fish (Yellow, Moderate)	Shrimp Stir Fry (Green, High)	Shrimp Stir Fry (Green, High)			
Stir Fried Garden Vegetables with Marinated Tofu and Brown Rice (Green, Low)	Pasta Toscano (Yellow, High)	Pasta Toscano (Yellow, High)			
Beef Bulgoggi (Green, High)	Chicken Fajitas (Fajita Strips) (Yellow, High)	Chicken Fajitas (Fajita Strips) (Yellow, High)			
11	Wednesday, February 24, 2021	11	Wednesday, March 24, 2021	11	Wednesday, April 21, 2021
	Lunch		Lunch		Lunch
	Cheese Tortellini with Marinara (Green, High)		Cheese Tortellini with Marinara (Green, High)		Cheese Tortellini with Marinara (Green, High)
	Turkey Breast Fillet (Yellow, Low)		Turkey Breast Fillet (Yellow, Low)		Turkey Breast Fillet (Yellow, Low)
	BBQ Spareibs (Red, High)		Cantonese Spareibs (Red, High)		Cantonese Spareibs (Red, High)
Dinner	Dinner	Dinner			
Spicy Chicken Shawarma (Yellow, Moderate)	Chicken Enchilada (Yellow, High)	Chicken Enchilada (Yellow, High)			
Mediterranean Quinoa Cakes (Green, Moderate)	Pasta Provencal (Green, High)	Pasta Provencal (Green, High)			
Baked Salmon (Green, Low)	Fish w/SW Salsa (Green, Low)	Fish w/SW Salsa (Green, Low)			
12	Thursday, February 25, 2021	12	Thursday, March 25, 2021	12	Thursday, April 22, 2021
	Lunch		Lunch		Lunch
	Spicy Catfish Po' boy (Red, Moderate)		Baja Baked Cod (Green, High)		Baja Baked Cod (Green, High)
	Cajun Chicken (Green, Moderate)		Baked Mexican Chicken (Yellow, High)		Baked Mexican Chicken (Yellow, High)
	Stuffed Green Peppers (Yellow, High)		Southwestern Sweet Potatoes Balck Beans and Corn (Green, Moderate)		Southwestern Sweet Potatoes Balck Beans and Corn (Green, Moderate)
Dinner	Dinner	Dinner			
Turkey and Spinach Meatloaf (Green, Moderate)	Turkey and Spinach Meatloaf (Green, Moderate)	Turkey and Spinach Meatloaf (Green, Moderate)			
Pork Roast Tenderloin (Green, Low)	Lasagna (Yellow, High)	Lasagna (Yellow, High)			
Swiss Steak w/Brown Gravy (Yellow, High)	Baked Salmon (Green, Low)	Baked Salmon (Green, Low)			
13	Friday, February 26, 2021	13	Friday, March 26, 2021	13	Friday, April 23, 2021
	Lunch		Lunch		Lunch
	Jerk Roast Turkey (Green, Low)		Jerk Roast Turkey (Green, Low)		Jerk Roast Turkey (Green, Low)
	Grilled Salmon w/Citrus Butter (Yellow, High)		Pollock w/Crisp Herb Parmesan Breadcrumbs (Yellow, High)		Pollock w/Crisp Herb Parmesan Breadcrumbs (Yellow, High)
	Lasagna (Yellow, Low)		Ziti with Meat Sauce (Yellow, Low)		Ziti with Meat Sauce (Yellow, Low)

14	Dinner	BBQ Chicken (Yellow, High)	14	Dinner	Pineapple BBQ Meatballs (Yellow, Low)	14	Dinner	Pineapple BBQ Meatballs (Yellow, Low)
		Beef Yakisoba (Yellow, Moderate)			Crispy Oven Baked Chicken (Yellow, Low)			Crispy Oven Baked Chicken (Yellow, Low)
		Lemon Baked Fish (Green, Low)			Lemon Baked Fish (Green, Low)			Lemon Baked Fish (Green, Low)
		Saturday, February 27, 2021			Saturday, March 27, 2021			Saturday, April 24, 2021
	Lunch	Baked Chicken (Green, High)		Lunch	Baked Chicken (Green, High)		Lunch	Baked Chicken (Green, High)
		Lemon Basil Shrimp Pasta (Yellow, Moderate)			Southwestern Shrimp Linguine (Yellow, High)			Southwestern Shrimp Linguine (Yellow, High)
		Ground Beef Enchiladas (Yellow, Moderate)			Beef Pot Pie (Yellow, High)			Beef Pot Pie (Yellow, High)
	Dinner	Chicken Fajita Quinoa (Green, Low)		Dinner	Chicken Fajita Quinoa (Green, Low)		Dinner	Chicken Fajita Quinoa (Green, Low)
		Spaghetti w/ Marinara Sauce (Green, Low)			Taco Lasagna (Yellow, Moderate)			Taco Lasagna (Yellow, Moderate)
		Zesty Pork Chops (Yellow, Low)			Pork Chops Mexicana (Green, Moderate)			Pork Chops Mexicana (Green, Moderate)
15	Sunday, February 28, 2021		15	Sunday, March 28, 2021		15	Sunday, April 25, 2021	
	Lunch	Asian BBQ Turkey (Green, Moderate)		Lunch	Roast Turkey (Yellow, Moderate)		Lunch	Roast Turkey (Yellow, Moderate)
		Eggplant Parmesan (Red, High)			Eggplant Parmesan (Red, High)			Eggplant Parmesan (Red, High)
		Braised Beef & Noodles (Yellow, Moderate)			Beef Fajita Quinoa (Green, Low)			Beef Fajita Quinoa (Green, Low)
	Dinner	Turkey Lentil Chili (Green, Moderate)		Dinner	Turkey Lentil Chili (Green, Moderate)		Dinner	Turkey Lentil Chili (Green, Moderate)
		Shrimp Stir Fry (Green, High)			California Veggie Quesadilla (Yellow, Moderate)			California Veggie Quesadilla (Yellow, Moderate)
		Braised Spare ribs (Yellow, Moderate)			Braised Spare ribs (Yellow, Moderate)			Braised Spare ribs (Yellow, Moderate)
16	Monday, March 1, 2021		16	Monday, March 29, 2021		16	Monday, April 26, 2021	
	Lunch	Barley and Spinach Stew (Green, Low)		Lunch	Spinach Lasagna (Yellow, High)		Lunch	Spinach Lasagna (Yellow, High)
		Basil Baked Fish (Yellow, Moderate)			Basil Baked Fish (Yellow, Moderate)			Basil Baked Fish (Yellow, Moderate)
		Grilled Steak (Green, Low)			Grilled Steak (Green, Low)			Grilled Steak (Green, Low)
	Dinner	Spaghetti w/Turkey Meat Sauce (Green, Moderate)		Dinner	BBQ Brisket (Yellow, Moderate)		Dinner	BBQ Brisket (Yellow, Moderate)
		Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)			Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)			Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
		Stuffed Baked Pork Chops (Yellow, Low)			Stuffed Baked Pork Chops (Yellow, Low)			Stuffed Baked Pork Chops (Yellow, Low)
17	Tuesday, March 2, 2021		17	Tuesday, March 30, 2021		17	Tuesday, April 27, 2021	
	Lunch	Spinach Lasagna (Yellow, High)		Lunch	Grilled Pork Chops (Yellow, Low)		Lunch	Grilled Pork Chops (Yellow, Low)
		Fish w/Southwest Salsa (Green, Low)			Baked Salmon (Green, Low)			Baked Salmon (Green, Low)
		Savory Baked Chicken (Yellow, Moderate)			Savory Baked Chicken (Yellow, Moderate)			Savory Baked Chicken (Yellow, Moderate)
	Dinner	Honey Mustard Chicken Breast (Green, Moderate)		Dinner	Honey Mustard Chicken Breast (Green, Moderate)		Dinner	Honey Mustard Chicken Breast (Green, Moderate)
		Hot Italian Sausage Sandwich (Red, High)			Parmesan Fish (Yellow, Moderate)			Parmesan Fish (Yellow, Moderate)
		Beef Fajitas (Green, High)			Beef Fajitas (Green, High)			Beef Fajitas (Green, High)
18	Wednesday, March 3, 2021		18	Wednesday, March 31, 2021		18	Wednesday, April 28, 2021	
	Lunch	Lemon Pepper Baked Chicken (Yellow, Low)		Lunch	Pineapple BBQ Meatballs (Yellow, Low)		Lunch	Pineapple BBQ Meatballs (Yellow, Low)
		Caribbean Catfish (Green, Moderate)			Baked Fish w/Lemon Garlic Butter (Green, Moderate)			Baked Fish w/Lemon Garlic Butter (Green, Moderate)
		Beef and Corn Pie (Green, Moderate)			Marinated Tomatoes w/Penne and Basil (Green, High)			Marinated Tomatoes w/Penne and Basil (Green, High)
	Dinner	Grilled Honey Sriracha Chicken (Green, Low)		Dinner	Grilled Honey Sriracha Chicken (Green, Low)		Dinner	Grilled Honey Sriracha Chicken (Green, Low)
		Shrimp Scampi (Yellow, High)			Shrimp Scampi (Yellow, High)			Shrimp Scampi (Yellow, High)
		Mexican Pork Chops (Green, Moderate)			Mexican Pork Chops (Green, Moderate)			Mexican Pork Chops (Green, Moderate)
19	Thursday, March 4, 2021		19	Thursday, April 1, 2021		19	Thursday, April 29, 2021	
	Lunch	Teriyaki Chicken (Yellow, High)		Lunch	Caribbean Chicken (Green, Moderate)		Lunch	Caribbean Chicken (Green, Moderate)
		Pork Adobo (Yellow, High)			Zesty Pork Chops (Yellow, Low)			Zesty Pork Chops (Yellow, Low)
		Shrimp Stir Fry (Green, High)			Caribbean Catfish (Yellow, Moderate)			Caribbean Catfish (Yellow, Moderate)
	Dinner	Stir Fry Chicken w/Broccoli (Green, High)		Dinner	Stir Fry Chicken w/Broccoli (Green, High)		Dinner	Stir Fry Chicken w/Broccoli (Green, High)
		Cheese Manicotti (Yellow, High)			Cheese Manicotti (Yellow, High)			Cheese Manicotti (Yellow, High)
		BBQ Beef Cubes (Red, High)			BBQ Beef Cubes (Red, High)			BBQ Beef Cubes (Red, High)
20	Friday, March 5, 2021		20	Friday, April 2, 2021		20	Friday, April 30, 2021	
	Lunch	Turkey Nuggets (Red, High)		Lunch	Crispy Oven-Baked Chicken (Yellow, Low)		Lunch	Crispy Oven-Baked Chicken (Yellow, Low)
		Baked Fish w/Lemon Garlic Butter (Green Moderate)			Fish w/SouthWest Salsa (Green, Low)			Fish w/SouthWest Salsa (Green, Low)
		Pepper Steak (Yellow, Low)			Beef Bulgogi (Green, High)			Beef Bulgogi (Green, High)
	Dinner	Chicken Cacciatore (Green, Moderate)		Dinner	Turkey Lentil Chili (Green, Moderate)		Dinner	Turkey Lentil Chili (Green, Moderate)
		Lasagna (Yellow, Low)			Hot Italian Sausage (Red, High)			Hot Italian Sausage (Red, High)
		Stuffed Baked Fish (Yellow ,Low)			Stuffed Baked Fish (Yellow ,Low)			Stuffed Baked Fish (Yellow ,Low)
21	Saturday, March 6, 2021		21	Saturday, April 3, 2021		21	Saturday, May 1, 2021	
	Lunch	Santa Fe Glazed Chicken (Green)		Lunch	Turkey Nuggets (Red, High)		Lunch	Turkey Nuggets (Red, High)
		Parmesan Fish (Yellow, Moderate)			Mediterranean Quinoa Cakes (Green, Moderate)			Mediterranean Quinoa Cakes (Green, Moderate)
		Zesty Pork Chops (Yellow, Low)			Pasta Primavera (Yellow, Moderate)			Pasta Primavera (Yellow, Moderate)
	Dinner	Stuffed Green Peppers w/ Turkey and Lentils (Green, High)		Dinner	Salmon w/Maple Ginger Glaze (Yellow, High)		Dinner	Salmon w/Maple Ginger Glaze (Yellow, High)
		Broccoli Quiche (Yellow, Low)			Broccoli Quiche (Yellow, Low)			Broccoli Quiche (Yellow, Low)
		Roast Beef (Green, High)			Roast Beef (Green, High)			Roast Beef (Green, High)
22	Sunday, March 7, 2021		22	Sunday, April 4, 2021		22	Sunday, May 2, 2021	
	Lunch	Bourbon Chicken (Yellow, Low)		Lunch	Bourbon Chicken (Yellow, Low)		Lunch	Bourbon Chicken (Yellow, Low)
		Baked Salmon (Green, Low)			Fiesta Fish (Green, Moderate)			Fiesta Fish (Green, Moderate)
		Swiss Steak w/Brown Gravy (Yellow, High)			Simmered Beef (Yellow, Low)			Simmered Beef (Yellow, Low)
	Dinner	Jerk Roast Turkey (Green, Low)		Dinner	Lemon Pepper Catfish (Yellow, Low)		Dinner	Lemon Pepper Catfish (Yellow, Low)
		BBQ Brisket (Yellow, Moderate)			Spaghetti w/Turkey Meat Sauce (Green, Moderate)			Spaghetti w/Turkey Meat Sauce (Green, Moderate)
		Grilled Pork Chops (Yellow, Low)			Baked Dijon Pork Chop (Green, Moderate)			Baked Dijon Pork Chop (Green, Moderate)
23	Monday, March 8, 2021		23	Monday, April 5, 2021		23	Monday, May 3, 2021	
	Lunch	Creole Fish Fillets (Green, Moderate)		Lunch	Creole Fish Fillets (Green, Moderate)		Lunch	Creole Fish Fillets (Green, Moderate)
		Pasta Provencal (Green, High)			Pasta Provencal (Green, High)			Pasta Provencal (Green, High)
		Braised Spare ribs (Yellow, Moderate)			Braised Spare ribs (Yellow, Moderate)			Braised Spare ribs (Yellow, Moderate)
	Dinner	Marinated Tomatoes With Penne And Basil (Green, High)		Dinner	Marinated Tomatoes With Penne And Basil (Green, High)		Dinner	Marinated Tomatoes With Penne And Basil (Green, High)
		Cajun Chicken (Green, Moderate)			Cajun Chicken (Green, Moderate)			Cajun Chicken (Green, Moderate)
		Beef Stew (Yellow, Moderate)			Beef Stew (Yellow, Moderate)			Beef Stew (Yellow, Moderate)
24	Tuesday, March 9, 2021		24	Tuesday, April 6, 2021		24	Tuesday, May 4, 2021	
	Lunch	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)		Lunch	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)		Lunch	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
		Almond Crusted Cod (Yellow, Moderate)			Almond Crusted Cod (Yellow, Moderate)			Almond Crusted Cod (Yellow, Moderate)
		Pepper Steak (Yellow, Low)			Pepper Steak (Yellow, Low)			Pepper Steak (Yellow, Low)
	Dinner	Baked Florentine Turkey Roulade (Green, Low)		Dinner	Baked Florentine Turkey Roulade (Green, Low)		Dinner	Baked Florentine Turkey Roulade (Green, Low)
		Braised Beef & Noodles (Yellow, Moderate)			Braised Beef & Noodles (Yellow, Moderate)			Braised Beef & Noodles (Yellow, Moderate)
		Sweet and Spicy Orange Salmon (Yellow, Moderate)			Sweet and Spicy Orange Salmon (Yellow, Moderate)			Sweet and Spicy Orange Salmon (Yellow, Moderate)
25	Wednesday, March 10, 2021		25	Wednesday, April 7, 2021		25	Wednesday, May 5, 2021	
	Lunch	Herbed Baked Chicken (Green, Low)		Lunch	Herbed Baked Chicken (Green, Low)		Lunch	Herbed Baked Chicken (Green, Low)
		Stir Fried Garden Vegetables w/ Marinated Tofu and Brown Rice (Green, Low)			Stir Fried Garden Vegetables w/ Marinated Tofu and Brown Rice (Green, Low)			Stir Fried Garden Vegetables w/ Marinated Tofu and Brown Rice (Green, Low)
		Pineapple BBQ Meatballs (Yellow, Low)			Pineapple BBQ Meatballs (Yellow, Low)			Pineapple BBQ Meatballs (Yellow, Low)
	Dinner	Fish Onion-Lemon Baked (Green, Low)		Dinner	Fish Onion-Lemon Baked (Green, Low)		Dinner	Fish Onion-Lemon Baked (Green, Low)
		Ground Turkey Lasagna (Yellow, High)			Ground Turkey Lasagna (Yellow, High)			Ground Turkey Lasagna (Yellow, High)
		Chili Mac (Green, Moderate)			Chili Mac (Green, Moderate)			Chili Mac (Green, Moderate)
26	Thursday, March 11, 2021		26	Thursday, April 8, 2021		26	Thursday, May 6, 2021	
	Lunch			Lunch			Lunch	

27	Southern Fried Chicken (Red, Moderate)	27	Southern Fried Chicken (Red, Moderate)	27	Southern Fried Chicken (Red, Moderate)
	Shrimp Jambalaya (Yellow, High)		Shrimp Jambalaya (Yellow, High)		Shrimp Jambalaya (Yellow, High)
	Baked Dijon Pork Chop (Green, Moderate)		Baked Dijon Pork Chop (Green, Moderate)		Baked Dijon Pork Chop (Green, Moderate)
	Dinner		Dinner		Dinner
	Honey Ginger Chicken (Green, Low)		Honey Ginger Chicken (Green, Low)		Honey Ginger Chicken (Green, Low)
	Tuna Noodles (Yellow, High)		Tuna Noodles (Yellow, High)		Tuna Noodles (Yellow, High)
	Cantonese Spareribs (Red, High)		Cantonese Spareribs (Red, High)		Cantonese Spareribs (Red, High)
	Friday, March 12, 2021		Friday, April 9, 2021		Friday, May 7, 2021
	Lunch		Lunch		Lunch
	Grilled Chicken w/ Mustard Sauce (Green, Moderate)		Grilled Chicken w/ Mustard Sauce (Green, Moderate)		Grilled Chicken w/ Mustard Sauce (Green, Moderate)
Meat Loaf (Yellow, Moderate)	Meat Loaf (Yellow, Moderate)	Meat Loaf (Yellow, Moderate)			
Parmesan Cod (Yellow, Moderate)	Parmesan Cod (Yellow, Moderate)	Parmesan Cod (Yellow, Moderate)			
Dinner	Dinner	Dinner			
Yankee Pot Roast (Green, Low)	Yankee Pot Roast (Green, Low)	Yankee Pot Roast (Green, Low)			
Chicken Cacciatore (Green, Moderate)	Chicken Cacciatore (Green, Moderate)	Chicken Cacciatore (Green, Moderate)			
Oven Fried Fish (Yellow, Low)	Oven Fried Fish (Yellow, Low)	Oven Fried Fish (Yellow, Low)			
28	Saturday, March 13, 2021	28	Saturday, April 10, 2021	28	Saturday, May 8, 2021
	Lunch		Lunch		Lunch
	Fish Lemon Baked (Green, Low)		Fish Lemon Baked (Green, Low)		Fish Lemon Baked (Green, Low)
	Chicken Parmesan (Red, High)		Chicken Parmesan (Red, High)		Chicken Parmesan (Red, High)
	BBQ Brisket (Yellow, Moderate)		BBQ Brisket (Yellow, Moderate)		BBQ Brisket (Yellow, Moderate)
	Dinner		Dinner		Dinner
	Beef Stir Fry (Green, High)		Beef Stir Fry (Green, High)		Beef Stir Fry (Green, High)
	Salmon w/Maple Ginger Glaze (Yellow, High)		Salmon w/Maple Ginger Glaze (Yellow, High)		Salmon w/Maple Ginger Glaze (Yellow, High)
	Chicken Bulgogi (Green, High)		Chicken Bulgogi (Green, High)		Chicken Bulgogi (Green, High)