



# DAILY FAMILY MEAL

**MAY 2019**



MEATLESS MONDAY	"TACO" TUESDAY	WACKY WEDNESDAY	"THIRSTY" THURSDAY	FREE LUNCH FRIDAY	F.M. SATURDAY	SAMMY SUNDAY
		1 BREAKFAST FOR DINNER	2 CARMELIZED ONION SOUP	3 COCONUT BEEF CURRY	4 FRIED OYSTER RIGATONI	5 SURPRISE
6 SWEET AND SOUR CAULIFLOWER	7 FRIED CHICKEN TACOS	8 SHREDDED BEEF CROQUETTES	9 CHICKEN NOODLE SOUP	10 CRISPY TOFU & MANGO	11 KALE PESTO	12 SUPRISE
13 BABY SQUASH PARMESAN	14 TAMALES CARNITAS	15 POACHED SALMON & POLENTA	16 TOMATO GASPACHO & BURATTA	17 TURKEY CHILI	18 TOMATO BACON SPAGHETTI	19 SUPRISE
20 MUSHROOM STROGNAFF	21 SHRIMP POZOLE	22 HONEY MUSTARD CHICKEN	23 BROCCOLI CHEDDAR	24 FEEESH TACOS	25 COLD SOBA SALAD	26 SUPRISE
27 VEGGIE LO-MEIN	28 BEEF & BEANS ENCHILADAS	29 SAUSAGE & PEPPERS	30 SPLIT PEA SOUP	31 BAKED POTATOES		