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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 1.CYCLE DAY 16**LUNCH:**Chicken KabobPepper SteakTuna Noodles**DINNER:**Sweet & Spicy SalmonCheese Tortellini w/MarinaraSteak Ranchero**Midnight**Tuna Noodles | 2.CYCLE DAY 17**LUNCH:**Beef Brogul  Pork Schnitzel Onion Lemon Fish**DINNER:**Almond Crusted CodHamburger YakisobaCranberry Glazed Chicken**MIDNIGHT**Onion Lemon Fish  | 3.CYCLE DAY 18**LUNCH:**Turkey & Spinach MeatloafMarinated Tomatoes w/Penne & BasilPineapple BBQ Meatballs **DINNER:**BBQ Beef CubesChicken EnchiladaFlorentine Turkey Roulade**MIDNIGHT**Pineapple BBQ Meatballs | 4.CYCLE DAY 19**LUNCH:**Swiss Steak w/GravyStuffed Green Peppers w/Turkey & LentilsTuna Noodles**DINNER:**-Lasagna-Chicken Cacciatore-Italian Broccoli Pasta**MIDNIGHT**Stuffed Peppers w/Turkey & Lentils | 5.CYCLE DAY 20**LUNCH:**Grilled Honey Sriracha ChickenChili MacShrimp Chop Suey**DINNER:**Jamaican ChickenBraised SpareribsSalisbury Grilled Salmon**MIDNIGHT**Grilled Honey Sriracha Chicken |
| 6.CYCLE DAY 21**LUNCH:**Turkey Ala KingCountry Style Fried SteakBaja Baked Cod**DINNER:**Swedish MeatballsPolynesian FilletSteak Smothered in Onions**MIDNIGHT**Steak Smothered in Onions | 7.CYCLE DAY 22**LUNCH:**Oriental Pepper SteakChicken ParmesanLemon Garlic Baked Fish**DINNER:**Pork Roast TenderloinTuna NoodlesSavory Baked Chicken**MIDNIGHT**Lemon Garlic Baked Fish | 8.CYCLE DAY 23**LUNCH:**Basil Baked FishTurkey Breast Fillet Pasta Provencal**DINNER:**Baja Fish TacoBaked Mexican ChickenBeef Stir Fry**MIDNIGHT**Turkey Breast Fillet | 9.CYCLE DAY 24**LUNCH:**Spicy Catfish PoboyGrilled Pork ChopsCajun Meatloaf**DINNER:**Lemon Baked FishSimmered BeefCajun Chicken**MIDNIGHT**Cajun Meatloaf | 10.CYCLE DAY 25**LUNCH:**Dijon Pork Chop Spinach LasagnaFlorentine Turkey Roulade**DINNER:**Baked SalmonPineapple BBQ MeatballsHoney Mustard Chicken Breast**MIDNIGHT**Dijon Pork Chop | 11.CYCLE DAY 26**LUNCH:** Roast TurkeyChesse TortelliniStuffed Green Peppers**DINNER:**Turkey & Spinach MeatloafCrispy Baked ChickenParmesan Fish**MIDNIGHT**Stuffed Green Peppers | 12.CYCLE DAY 27**LUNCH:**Baked ChickenSouthwestern Shrimp LinguineBeef Bulgogi**DINNER:**Honey Ginger ChickenSalisbury SteakCheese Manicotti**MIDNIGHT**Baked Chicken |
| 13.CYCLE DAY 28**LUNCH:**Creole Fish FilletsChicken Stir Fry w/ BroccoliTeriyaki Steak**DINNER:**Chicken Ala KingBaked FishPasta Primavera**MIDNIGHT:**Chicken Stir Fry w/ Broccoli | 14.CYCLE DAY 1**LUNCH:**Sweet Potatoes, Black Beans, & CornSimmered BeefAlmond Crusted Cod**DINNER:**Spaghetti w/Turkey MeatsauceBaked Lemon Garlic Butter FishStir Fry Garden Veg. w/Tofu & Brown Rice**MIDNIGHT:**Almond Crusted Cod | 15.CYCLE DAY 2**LUNCH:**Chili MacBasil Baked FishTeriyaki Chicken **DINNER:**Pork Roast TenderloinBaja Baked CodPasta Provencal**MIDNIGHT:**Teriyaki Chicken  | 16.CYCLE DAY 3**LUNCH:**Ginger BBQ ChickenShrimp Kabob Lemon Basil Pasta**DINNER:**Marinated Tomatoes w/Penne & BasilSouthern Fried CatfishSweet Chili BBQ Meatballs**MIDNIGHT:**Ginger BBQ Chicken | 17.CYCLE DAY 4**LUNCH:**Honey Mustard Chicken BreastZiti w/MeatsauceBaked Fish **DINNER:**Hot & Spicy ChickenPasta ToscanoCantonese Spareribs**MIDNIGHT:**Baked Fish  | 18.CYCLE DAY 5**LUNCH:**Polish SausageBaked Salmon Hamburger Yakisoba**DINNER:**Roast BeefShrimp ScampiChicken Schnitzel**MIDNIGHT:**Baked Salmon  | 19.CYCLE DAY 6**LUNCH:**Santa Fe Glazed ChickenDijon Pork ChopBeef Ball Stroganoff**DINNER:**Salmon W/Maple Ginger GlazeStuffed Green Peppers w/Turkey & LentilsPasta Primavera**MIDNIGHT:**Santa Fe Chicken |
| 20.CYCLE DAY 7**LUNCH:**Cheese TortelliniFried ShrimpBourbon Chicken**DINNER:**Beef Pot PieLemon Baked FishHerbed Baked Chicken**MIDNIGHT:**Cheese Tortellini | 21.CYCLE DAY 8**LUNCH:**Caribbean CatfishJerk Roast Turkey Stuffed Green Peppers (Beef)**DINNER:**Sweet Potatoes, Black Beans, & CornBeef StewChicken Breast Dijon**MIDNIGHT:**Jerk Roast Turkey | 22.CYCLE DAY 9**LUNCH:**Baked FishMeat LoafBaked Chicken**DINNER:**BBQ Beef CubesSouthwestern FishBeef Fajitas**MIDNIGHT:**Meat Loaf | 23.CYCLE DAY 10**LUNCH:**Lemon Basil Shrimp Pasta Mambo Pot RoastGrilled Chicken w/Mustard Sauce**DINNER:**Grilled SteakRoast TurkeyMediterranean Salmon**MIDNIGHT:**Lemon Basil Shrimp Pasta | 24.CYCLE DAY 11**LUNCH:**Honey Ginger Chicken Grilled Salmon w/Citrus Butter BBQ Brisket**DINNER:**Crispy Baked ChickenRoast BeefParmesan Crusted Cod**MIDNIGHT:**Grilled Salmon w/Citrus Butter  | 25.CYCLE DAY 12**LUNCH:**Italian Broccoli PastaStuffed Baked Pork ChopsChicken Florentine**DINNER:**Greek Lemon Turkey PastaSavory Baked ChickenOven Fried Fish**MIDNIGHT:**Chicken Florentine | 26.CYCLE DAY 13**LUNCH:**French Fried ShrimpHot & Spicy ChickenZiti w/Meatsauce **DINNER:**Beef Stir FryBaked Stuffed FishChicken Bulgogi**MIDNIGHT:**Ziti w/Meatsauce |
| 27.CYCLE DAY 14**LUNCH:**Turkey Lentil ChiliShrimp JambalayaSouthern Fried Chicken**DINNER:**Dijon Pork ChopChili MacLemon Pepper Catfish**Midnight:**Turkey Lentil Chili | 28.CYCLE DAY 15**LUNCH:**Roast BeefChicken Cordon BleuPasta Primavera**DINNER:**Turkey NuggetsBeef & Corn PieBourbon Chicken**Midnight:**Chicken Cordon Bleu | 29.CYCLE DAY 16**LUNCH:**Chicken KabobPepper SteakTuna Noodles**DINNER:**Sweet & Spicy SalmonCheese Tortellini w/MarinaraSteak Ranchero**Midnight**Tuna Noodles | 30.CYCLE DAY 17**LUNCH:**Beef Brogul  Pork Schnitzel Onion Lemon Fish**DINNER:**Almond Crusted CodHamburger YakisobaCranberry Glazed Chicken**MIDNIGHT**Onion Lemon Fish | 31.CYCLE DAY 18**LUNCH:**Turkey & Spinach MeatloafMarinated Tomatoes w/Penne & BasilPineapple BBQ Meatballs **DINNER:**BBQ Beef CubesChicken EnchiladaFlorentine Turkey Roulade**MIDNIGHT**Pineapple BBQ Meatballs |  |  |
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