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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 1.  CYCLE DAY 16  **LUNCH:**  Chicken Kabob  Pepper Steak  Tuna Noodles  **DINNER:**  Sweet & Spicy Salmon  Cheese Tortellini w/Marinara  Steak Ranchero  **Midnight**  Tuna Noodles | 2.  CYCLE DAY 17  **LUNCH:**  Beef Brogul  Pork Schnitzel  Onion Lemon Fish  **DINNER:**  Almond Crusted Cod  Hamburger Yakisoba  Cranberry Glazed Chicken  **MIDNIGHT**  Onion Lemon Fish | 3.  CYCLE DAY 18  **LUNCH:**  Turkey & Spinach Meatloaf  Marinated Tomatoes w/Penne & Basil  Pineapple BBQ Meatballs  **DINNER:**  BBQ Beef Cubes  Chicken Enchilada  Florentine Turkey Roulade  **MIDNIGHT**  Pineapple BBQ Meatballs | 4.  CYCLE DAY 19  **LUNCH:**  Swiss Steak w/Gravy  Stuffed Green Peppers w/Turkey & Lentils  Tuna Noodles  **DINNER:**  -Lasagna  -Chicken Cacciatore  -Italian Broccoli Pasta  **MIDNIGHT**  Stuffed Peppers w/Turkey & Lentils | 5.  CYCLE DAY 20  **LUNCH:**  Grilled Honey Sriracha Chicken  Chili Mac  Shrimp Chop Suey  **DINNER:**  Jamaican Chicken  Braised Spareribs  Salisbury Grilled Salmon  **MIDNIGHT**  Grilled Honey Sriracha Chicken |
| 6.  CYCLE DAY 21  **LUNCH:**  Turkey Ala King  Country Style Fried Steak  Baja Baked Cod  **DINNER:**  Swedish Meatballs  Polynesian Fillet  Steak Smothered in Onions  **MIDNIGHT**  Steak Smothered in Onions | 7.  CYCLE DAY 22  **LUNCH:** Oriental Pepper Steak  Chicken Parmesan  Lemon Garlic Baked Fish  **DINNER:**  Pork Roast Tenderloin  Tuna Noodles  Savory Baked Chicken  **MIDNIGHT**  Lemon Garlic Baked Fish | 8.  CYCLE DAY 23  **LUNCH:**  Basil Baked Fish  Turkey Breast Fillet  Pasta Provencal  **DINNER:**  Baja Fish Taco  Baked Mexican Chicken  Beef Stir Fry  **MIDNIGHT**  Turkey Breast Fillet | 9.  CYCLE DAY 24  **LUNCH:**  Spicy Catfish Poboy  Grilled Pork Chops  Cajun Meatloaf  **DINNER:**  Lemon Baked Fish  Simmered Beef  Cajun Chicken  **MIDNIGHT**  Cajun Meatloaf | 10.  CYCLE DAY 25  **LUNCH:**  Dijon Pork Chop  Spinach Lasagna  Florentine Turkey Roulade  **DINNER:**  Baked Salmon  Pineapple BBQ Meatballs  Honey Mustard Chicken Breast  **MIDNIGHT**  Dijon Pork Chop | 11.  CYCLE DAY 26  **LUNCH:**  Roast Turkey  Chesse Tortellini  Stuffed Green Peppers  **DINNER:**  Turkey & Spinach Meatloaf  Crispy Baked Chicken  Parmesan Fish  **MIDNIGHT**  Stuffed Green Peppers | 12.  CYCLE DAY 27  **LUNCH:**  Baked Chicken  Southwestern Shrimp Linguine  Beef Bulgogi  **DINNER:**  Honey Ginger Chicken  Salisbury Steak  Cheese Manicotti  **MIDNIGHT**  Baked Chicken |
| 13.  CYCLE DAY 28  **LUNCH:**  Creole Fish Fillets  Chicken Stir Fry w/ Broccoli  Teriyaki Steak  **DINNER:**  Chicken Ala King  Baked Fish  Pasta Primavera  **MIDNIGHT:**  Chicken Stir Fry w/ Broccoli | 14.  CYCLE DAY 1  **LUNCH:**  Sweet Potatoes, Black Beans, & Corn  Simmered Beef  Almond Crusted Cod  **DINNER:**  Spaghetti w/Turkey Meatsauce  Baked Lemon Garlic Butter Fish  Stir Fry Garden Veg. w/Tofu & Brown Rice  **MIDNIGHT:**  Almond Crusted Cod | 15.  CYCLE DAY 2  **LUNCH:**  Chili Mac  Basil Baked Fish  Teriyaki Chicken  **DINNER:**  Pork Roast Tenderloin  Baja Baked Cod  Pasta Provencal  **MIDNIGHT:**  Teriyaki Chicken | 16.  CYCLE DAY 3  **LUNCH:**  Ginger BBQ Chicken  Shrimp Kabob  Lemon Basil Pasta  **DINNER:**  Marinated Tomatoes w/Penne & Basil  Southern Fried Catfish  Sweet Chili BBQ Meatballs  **MIDNIGHT:**  Ginger BBQ Chicken | 17.  CYCLE DAY 4  **LUNCH:**  Honey Mustard Chicken Breast  Ziti w/Meatsauce  Baked Fish  **DINNER:**  Hot & Spicy Chicken  Pasta Toscano  Cantonese Spareribs  **MIDNIGHT:**  Baked Fish | 18.  CYCLE DAY 5  **LUNCH:**  Polish Sausage  Baked Salmon  Hamburger Yakisoba  **DINNER:**  Roast Beef  Shrimp Scampi  Chicken Schnitzel  **MIDNIGHT:**  Baked Salmon | 19.  CYCLE DAY 6  **LUNCH:**  Santa Fe Glazed Chicken  Dijon Pork Chop  Beef Ball Stroganoff  **DINNER:**  Salmon W/Maple Ginger Glaze  Stuffed Green Peppers w/Turkey & Lentils  Pasta Primavera  **MIDNIGHT:**  Santa Fe Chicken |
| 20.  CYCLE DAY 7  **LUNCH:**  Cheese Tortellini  Fried Shrimp  Bourbon Chicken  **DINNER:**  Beef Pot Pie  Lemon Baked Fish  Herbed Baked Chicken  **MIDNIGHT:**  Cheese Tortellini | 21.  CYCLE DAY 8  **LUNCH:**  Caribbean Catfish  Jerk Roast Turkey  Stuffed Green Peppers (Beef)  **DINNER:**  Sweet Potatoes, Black Beans, & Corn  Beef Stew  Chicken Breast Dijon  **MIDNIGHT:**  Jerk Roast Turkey | 22.  CYCLE DAY 9  **LUNCH:**  Baked Fish  Meat Loaf  Baked Chicken  **DINNER:** BBQ Beef Cubes  Southwestern Fish  Beef Fajitas  **MIDNIGHT:**  Meat Loaf | 23.  CYCLE DAY 10  **LUNCH:**  Lemon Basil Shrimp Pasta  Mambo Pot Roast  Grilled Chicken w/Mustard Sauce  **DINNER:**  Grilled Steak  Roast Turkey  Mediterranean Salmon  **MIDNIGHT:**  Lemon Basil Shrimp Pasta | 24.  CYCLE DAY 11  **LUNCH:**  Honey Ginger Chicken  Grilled Salmon w/Citrus Butter  BBQ Brisket  **DINNER:**  Crispy Baked Chicken  Roast Beef  Parmesan Crusted Cod  **MIDNIGHT:**  Grilled Salmon w/Citrus Butter | 25.  CYCLE DAY 12  **LUNCH:**  Italian Broccoli Pasta  Stuffed Baked Pork Chops  Chicken Florentine  **DINNER:**  Greek Lemon Turkey Pasta  Savory Baked Chicken  Oven Fried Fish  **MIDNIGHT:**  Chicken Florentine | 26.  CYCLE DAY 13  **LUNCH:**  French Fried Shrimp  Hot & Spicy Chicken  Ziti w/Meatsauce  **DINNER:**  Beef Stir Fry  Baked Stuffed Fish  Chicken Bulgogi  **MIDNIGHT:**  Ziti w/Meatsauce |
| 27.  CYCLE DAY 14  **LUNCH:**  Turkey Lentil Chili  Shrimp Jambalaya  Southern Fried Chicken  **DINNER:**  Dijon Pork Chop  Chili Mac  Lemon Pepper Catfish  **Midnight:**  Turkey Lentil Chili | 28.  CYCLE DAY 15  **LUNCH:**  Roast Beef  Chicken Cordon Bleu  Pasta Primavera  **DINNER:**  Turkey Nuggets  Beef & Corn Pie  Bourbon Chicken  **Midnight:**  Chicken Cordon Bleu | 29.  CYCLE DAY 16  **LUNCH:**  Chicken Kabob  Pepper Steak  Tuna Noodles  **DINNER:**  Sweet & Spicy Salmon  Cheese Tortellini w/Marinara  Steak Ranchero  **Midnight**  Tuna Noodles | 30.  CYCLE DAY 17  **LUNCH:**  Beef Brogul  Pork Schnitzel  Onion Lemon Fish  **DINNER:**  Almond Crusted Cod  Hamburger Yakisoba  Cranberry Glazed Chicken  **MIDNIGHT**  Onion Lemon Fish | 31.  CYCLE DAY 18  **LUNCH:**  Turkey & Spinach Meatloaf  Marinated Tomatoes w/Penne & Basil  Pineapple BBQ Meatballs  **DINNER:**  BBQ Beef Cubes  Chicken Enchilada  Florentine Turkey Roulade  **MIDNIGHT**  Pineapple BBQ Meatballs |  |  |
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