

RED WAGON MEALS SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Vegetarian Meals available.</p> <p>Allergies to foods are not able to be accommodated with this service.</p>	<p align="center">2</p> <p>Whole Wheat Grilled Cheese Sandwich Carrots Blueberries</p>	<p align="center">3</p> <p>Turkey Meatloaf/Gravy Brown Rice Peas Orange Slices Veggie Meal: Tofu & Gravy</p>	<p align="center">4</p> <p>Cheese Quesadilla Salsa Banana</p>	<p align="center">5</p> <p>Whole Wheat Pizza Bagel Tossed Salad w/dressing Apple Sauce</p>
<p align="center">8</p> <p>Whole Wheat Mac & Cheese Broccoli Apple</p>	<p align="center">9</p> <p>Whole Grain Chicken Nuggets Buttered Noodles & Peas Banana Veggie Meal: Veggie Nuggets</p>	<p align="center">10</p> <p>Chicken Burrito w/Brown Rice Grape Tomatoes Veggie Meal: Bean & Cheese Burrito</p>	<p align="center">11</p> <p>BBQ Chicken Mashed Potatoes Corn Apple Sauce Veggie Meal: Veggie Strips</p>	<p align="center">12</p> <p>Whole Wheat Pizza Bagel Tossed Salad w/dressing Orange Slices</p>
<p align="center">15</p> <p>Whole Wheat Baked Ziti Carrots Grapes</p>	<p align="center">16</p> <p>Chicken Stir Fry Brown Rice Banana Veggie Meal: Veggie Stir Fry</p>	<p align="center">17</p> <p>Whole Wheat Grilled Cheese Sandwich Tomato Soup Blueberries</p>	<p align="center">18</p> <p>Beef & Broccoli Stir Fry/Brown Rice Pear Veggie Meal: Tofu & Broccoli</p>	<p align="center">19</p> <p>Whole Wheat Pizza Bagel Tossed Salad w/dressing Apple Sauce</p>
<p align="center">22</p> <p>Cheese Quesadilla Salsa Orange Slices</p>	<p align="center">23</p> <p>Turkey/ Gravy Mashed Potatoes Corn Blueberries Veggie Meal: Tofu & Gravy</p>	<p align="center">24</p> <p>Whole Wheat Mac & Cheese Broccoli Banana</p>	<p align="center">25</p> <p>Turkey Meatloaf/Gravy Mashed Potatoes Peas Orange Slices Veggie Meal: Veggie Patty & Gravy</p>	<p align="center">26</p> <p>Whole Wheat Pizza Bagel Tossed Salad w/dressing Apple</p>
<p align="center">29</p> <p>Bean & Cheese Burrito w/Brown Rice Grape Tomatoes</p>	<p align="center">30</p> <p>Whole Wheat Meatball Sub Steamed Green Beans Strawberries Veggie Meal: Veggie Meatball Sub</p>	<p align="center">31</p> <p>Chicken & Vegetable Dumplings Apple Veggie Meal: Veggie Dumplings</p>		