



St. Andrew's Menu February 6-10



Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Café Classics	Chicken Tenders French Style Green Beans Mashed Potato's w/Gravy Roll	Cheese Burger French Fries Glazed Carrots	Southern Fried Chicken English Peas w/Pearl Onions Mashed Potatoes Roll	Chopped Beef Steak Butter Beans Squash Medley	Catfish Baked Beans Fries
	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.
Healthy Choice	Meatloaf French Style Green Beans Mashed Potato's w/ Gravy Roll	Lemon Chicken Breast Steamed Broccoli Glazed Carrots Roll	Smoked Turkey Sandwich w/lite mayo Garden Rotini Pasta Salad Baby Carrots w/ Dressing	Baked Fish Butter Beans Squash Medley	Tomato Basil Chicken Green Beans Cauliflower Roll
	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.	Low Fat Milk 8 oz.
Option C	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing	Baked Potato Margarine/Sour Cream Tossed Green Salad w/ Dressing

Nutritional Analysis: Option A = 1, Option B = 2, Option C = # 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (kcal)	409/560/995	589/552/995	663/663/995	332/322/995	1394/536/995
Protein (gm)	17/31/53	34/47/53	36/48/53	25/23/53	56/52/53
Fat (gm)	14/21/35	26/220/35	25/19/35	15/9/35	57/215/35
Carbohydrates (gm)	57/65/124	56/45/124	71/73/124	21/36/124	165/35/124