



CLIENT NAME:

MEAL PLAN: LARGE MEDIUM SMALL

Please write in the quantity of selections you'd like for the week, according to the star colors on your meal plan: ★ Gold Star ★ Silver Star ★ Blue Star

MONDAY DELIVERY	WEDNESDAY DELIVERY	FRIDAY DELIVERY
<p>★ Snacks/Sweets/Salads -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chocolate Brownie <input type="checkbox"/> Chocolate Pudding <input type="checkbox"/> Blueberry Scone <input type="checkbox"/> Strawberry Parfait <input type="checkbox"/> Hardboiled Egg Cup <input type="checkbox"/> Fresh Fruit Cup <input type="checkbox"/> Grapes & Cheese Cup <input type="checkbox"/> Garden Side Salad <input type="checkbox"/> Caesar Side Salad <input type="checkbox"/> Raspberry Chocolate Yogurt Parfait <input type="checkbox"/> Pineapple Cup 	<p>★ Snacks/Sweets/Salads -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raspberry White Chocolate Scone <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Chocolate Chip Cookie <input type="checkbox"/> Strawberry Parfait <input type="checkbox"/> Hardboiled Egg Cup <input type="checkbox"/> Fresh Fruit Cup <input type="checkbox"/> Grapes & Cheese Cup <input type="checkbox"/> Garden Side Salad <input type="checkbox"/> Caesar Side Salad <input type="checkbox"/> Raspberry Chocolate Yogurt Parfait <input type="checkbox"/> Pineapple Cup 	<p>★ Snacks/Sweets/Salads -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oatmeal Cookie <input type="checkbox"/> Chocolate Pudding cup <input type="checkbox"/> Apple Cinnamon Muffin <input type="checkbox"/> Strawberry Parfait <input type="checkbox"/> Hardboiled Egg Cup <input type="checkbox"/> Fresh Fruit Cup <input type="checkbox"/> Grapes & Cheese Cup <input type="checkbox"/> Garden Side Salad <input type="checkbox"/> Caesar Side Salad <input type="checkbox"/> Raspberry Chocolate Yogurt Parfait <input type="checkbox"/> Pineapple Cup
<p>★ Sandwiches/Soups -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Caesar Wrap <input type="checkbox"/> Herbed Ham and Cheese Wrap <input type="checkbox"/> Turkey and Cheese on Wheat <input type="checkbox"/> Roast Beef and Cheese on Wheat <input type="checkbox"/> Tuna Salad on Wheat <input type="checkbox"/> Italian Sub <input type="checkbox"/> Turkey Sub <input type="checkbox"/> BLT Chicken Salad <input type="checkbox"/> Cream of Mushroom <input type="checkbox"/> Chicken Noodle Soup 	<p>★ Sandwiches/Soups -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Caesar Wrap <input type="checkbox"/> Herbed Ham and Cheese Wrap <input type="checkbox"/> Turkey and Cheese on Wheat <input type="checkbox"/> Roast Beef and Cheese on Wheat <input type="checkbox"/> Tuna Salad on Wheat <input type="checkbox"/> Italian Sub <input type="checkbox"/> Turkey Sub <input type="checkbox"/> BLT Chicken Salad <input type="checkbox"/> Pulled Chicken Brunswick <input type="checkbox"/> Sweet Potato and Black Bean Chili 	<p>★ Sandwiches/Soups -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Caesar Wrap <input type="checkbox"/> Herbed Ham and Cheese Wrap <input type="checkbox"/> Turkey and Cheese on Wheat <input type="checkbox"/> Roast Beef and Cheese on Wheat <input type="checkbox"/> Tuna Salad on Wheat <input type="checkbox"/> Italian Sub <input type="checkbox"/> Turkey Sub <input type="checkbox"/> BLT Chicken Salad <input type="checkbox"/> Loaded Baked Potato Soup <input type="checkbox"/> Vegetarian Split Pea Soup
<p>★ Entrée -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Marsala with Roasted Red Potatoes and Sauteed Green Beans <input type="checkbox"/> Beef Stroganoff with Buttered Egg Noodles and Steamed Peas <input type="checkbox"/> Broccoli and Fettucine Alfredo with a Garlic Breadstick <input type="checkbox"/> Chicken Fried Rice with Stir Fried Vegetables and a Vegetable Egg Roll <input type="checkbox"/> Sausage Breakfast Burrito with Roasted Red Potatoes 	<p>★ Entrée -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Cordon Bleu with Roasted Red Potatoes and Steamed Baby Carrots <input type="checkbox"/> Homestyle Meatloaf with Mashed Potatoes and Steamed Baby Carrots <input type="checkbox"/> Spaghetti and Meatballs with Steamed Broccoli and a Garlic Breadstick <input type="checkbox"/> Beef and Broccoli Stir Fry with Lo Mein Noodles and Stir Fried Vegetables <input type="checkbox"/> Old Fashioned Macaroni and Cheese with Steamed Broccoli 	<p>★ Entrée -----</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Parmesan over Spaghetti with Steamed Broccoli <input type="checkbox"/> Beef Pot Roast with Roasted Red Potatoes and Steamed Peas and Carrots <input type="checkbox"/> White Vegetable Lasagna with Steamed Broccoli and a Garlic Breadstick <input type="checkbox"/> Orange Chicken Stir Fry with Jasmine Rice and Steamed Broccoli <input type="checkbox"/> Swedish Meatballs with Buttered Egg Noodles and Steamed Peas and Carrots

NOTES: