

## Diabetic Lunch Menu - Spring/Summer

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	 <p><b>Grilled Chicken Sandwich</b> Grilled chicken breast on whole wheat bread, lettuce, red cabbage, carrots, tomatoes, ginger sauce, balsamic salad, sesame vinaigrette dressing</p>	 <p><b>Turkey Chili</b> Turkey chili with baked potato, scallions, tomatoes, sliced cheddar cheese, sour cream, butter, salsa/sour cream, red wine vinaigrette dressing</p>	 <p><b>Chicken Noodle Soup</b> Served with whole wheat dinner roll and fresh fruit salad</p>	 <p><b>Skirt Steak Salad</b> Skirt steak steak, chopped greens, tomatoes, cucumbers, red onion &amp; scallions, onion dressing, whole wheat dinner roll, fresh fruit salad</p>	 <p><b>Boppy Joe</b> Ground beef, onion, tomatoes, Worcestershire sauce, served on a fresh whole wheat roll, white wine vinaigrette, garden salad, balsamic vinaigrette dressing</p>	 <p><b>Chicken Tortilla Soup</b> Cheddar cheese, sour cream, tortilla strips, chicken garnish on the side, southwest salad, chipotle dressing</p>	 <p><b>Chopped Chicken Salad</b> Bacon, grilled chicken breast, lettuce, tomatoes, sliced cheddar cheese, sour cream, tortilla strips, 100% ranch dressing, whole wheat dinner roll, fresh fruit salad</p>
<b>Week 2</b>	 <p><b>Meatloaf Sandwich</b> Sliced whole wheat bread, Dijon aioli, caramelized onions, arugula, Greek salad, basil vinaigrette dressing</p>	 <p><b>Fennel, Leek &amp; Chard Soup</b> Served with whole wheat dinner roll and fresh fruit salad</p>	 <p><b>Baja Fish Taco</b> (Dinner/Weekend) Bass/seafood fillet, corn tortilla, cabbage, Pico de Gallo, cilantro lime sauce, avocado, salsa, fresh beans, cheese, salsa, sour cream, tomato, avocado dressing</p>	 <p><b>Tuna Sandwich</b> Tuna salad on whole wheat bread, lettuce, tomato, spinach salad w/ feta and seasonal berries, balsamic dressing</p>	 <p><b>Cobb Salad</b> Chopped greens, turkey, bacon, egg, tomato, gingerbread cheese, ranch dressing, whole wheat dinner roll, fresh fruit salad</p>	 <p><b>Chicken Tortellini Soup</b> Served whole wheat dinner roll, and fresh fruit salad</p>	 <p><b>Roasted Turkey Sandwich</b> Roasted turkey breast turkey on whole wheat bread, cheddar cheese, lettuce, tomato, pickled jalapeno, 100% ranch dressing, balsamic dressing</p>
<b>Week 3</b>	 <p><b>Chicken Teriyaki</b> Grilled chicken breast, brown rice, broccoli, carrots, onions, Asian salad, sesame ginger dressing</p>	 <p><b>Turkey Meatball Wedding Soup Bowl</b> Served with whole wheat dinner roll and fresh fruit salad</p>	 <p><b>Chicken Philly</b> Grilled chicken breast, lettuce, tomatoes, provolone cheese, on whole wheat bread, vinegar salad, turkey white wine vinaigrette dressing</p>	 <p><b>Beef &amp; Vegetable</b> Beefsteak Beefsteak is a part of the beef family, characterized with carrots, spinach, broccoli, and fennel, brown salad, balsamic dressing</p>	 <p><b>Minestrone Soup</b> Classic Italian vegetable soup, served whole wheat dinner roll, fresh fruit salad</p>	 <p><b>Asian Chicken Salad</b> Grilled chicken salad with Asian dressing, green onions, sliced red cabbage, cucumber strips, mandarin oranges, soy sauce, vinaigrette, whole wheat roll, fresh fruit salad</p>	 <p><b>Roasted Chicken Salad Sandwich</b> Roasted chicken, scallions, tomatoes and cucumber, on whole wheat bread, spinach salad w/seasonal berries, feta, balsamic dressing</p>
<b>Week 4</b>	 <p><b>Hearty Tuna Salad</b> Tuna salad on a bed of chopped greens, carrots, broccoli, and cucumbers, olive oil, balsamic dressing, whole wheat roll, fresh fruit salad</p>	 <p><b>Cream Chicken Chauder</b> Served with whole wheat dinner roll and fresh fruit salad</p>	 <p><b>Beef, Apple &amp; Goat Cheese Salad</b> Sliced yellow meat, red greens, shredded carrots, apple slices, goat cheese, balsamic vinaigrette dressing, whole wheat dinner roll, fresh fruit salad</p>	 <p><b>Chicken Enchiladas</b> Spanish rice, refried beans, southwest salad, chipotle dressing</p>	 <p><b>Artichoke Soup</b> (Dinner/Weekend) Chicken breast, artichokes, onion, potatoes, beef broth, whole wheat dinner roll, fresh fruit salad</p>	 <p><b>Classic Chicken Caesar Salad</b> Grilled chicken breast, romaine lettuce, croutons, parmesan cheese, Caesar dressing, whole wheat dinner roll, fresh fruit salad</p>	 <p><b>Cheese Steak Sandwich</b> Thinly sliced steak on whole wheat bread, grilled onions &amp; peppers, provolone cheese, Greek salad, basil vinaigrette dressing</p>

# Fast And Simple Diabetes Menus

**S Ashworth**



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