



4-WEEK ROTATING CLIENT MEAL PLAN

Package options: Lunch Only • Breakfast & Lunch • Breakfast, Lunch & Snack

WEEK 1 | Weekly Menu

Day	Breakfast	Lunch	Snack
Monday	Whole-grain toast, oatmeal, blueberries & breakfast sausage	Homestyle chicken stew with white rice and green beans	Mixed fruit & whole-grain muffin
Tuesday	English muffin, orange slices & cubed cheese	Beef meatloaf with mashed potatoes and corn	Applesauce & graham crackers
Wednesday	Whole-grain bagel & strawberries	Baked chicken with brown gravy, yellow rice and beans	Banana slices & whole-grain crackers
Thursday	Whole-grain toast, Cheerios & raspberries	Baked tilapia with roasted potatoes and carrots	Pineapple & cheese cubes
Friday	French toast, whole-grain toast, mandarin oranges & hard-boiled egg	Oven-baked turkey with gravy, pasta and broccoli	Fruit & Whole- grain crackers

DIETARY REQUESTS

Please notify us of food allergies, dislikes, texture needs, or requests for meals prepared without added salt. Some ingredients may naturally contain sodium.

Meals are individually packaged for convenient reheating. Menu items may change based on availability.

Monica's Comfort Meals & Care • Orlando, Florida

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WEEK 2 | Weekly Menu

Day	Breakfast	Lunch	Snack
Monday	Pancakes, Special K, blueberries & breakfast sausage	Turkey meatloaf with mashed potatoes and corn	Juice & peanut butter crackers
Tuesday	English muffin, whole-grain toast, orange slices & cheese stick	Chicken fajita with yellow rice and black beans	Peaches & graham crackers
Wednesday	Bagel & strawberries	Beef & Mashed Potato Bake with white rice and green beans	Applesauce & whole grain muffins
Thursday	Whole-grain toast, Cheerios, raspberries & breakfast sausage	Chicken Pot Pie and Caesar salad	Cheese Stick & Whole-grain crackers
Friday	French toast, whole-grain toast & mandarin oranges	Beef spaghetti with carrots and Garden salad	Pita bread & hummus

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WEEK 3 | Weekly Menu

Day	Breakfast	Lunch	Snack
Monday	English muffin, French toast, blueberries & breakfast sausage	Turkey meatballs w/ marina sauce with mashed potatoes and carrots	Pineapple & Goldfish crackers
Tuesday	Pancakes, orange slices & cubed cheese	Baked chicken with brown gravy, yellow rice and green beans	Apple slices & peanut butter
Wednesday	Whole-grain toast, French toast, strawberries & breakfast sausage	Baked BBQ chicken thighs with roasted potatoes and salad	Banana slices & muffin bar
Thursday	Whole-grain toast, oatmeal & raspberries	Shephard's Pie with yellow rice and corn	Grapes & graham crackers
Friday	Bagel, mandarin oranges & hard-boiled egg	Chicken Alfredo with pasta and Green Beans	Fruit cup & wholegrain-muffin

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WEEK 4 | Weekly Menu

Day	Breakfast	Lunch	Snack
Monday	French toast, whole-grain toast, blueberries & breakfast sausage	Homestyle chicken stew with yellow rice and beans	Pineapple & whole-grain crackers
Tuesday	English muffin, orange slices & cheese stick	Roast turkey with gravy, roasted potatoes and green beans	Banana slices & whole-grain muffins
Wednesday	Pancakes, strawberries & breakfast sausage	BBQ baked chicken thighs with mashed potatoes and carrots	Fruit cup & whole-grain crackers
Thursday	Cheerios & raspberries	Cheesy Chicken & Rice Bake, and mixed vegetables	Applesauce & whole-grain muffin
Friday	Bagel, mandarin oranges & hard-boiled egg	Chicken tetrazzini with pasta and Caesar salad	Fruit cup, & cheese cubes

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