DELCO FROZEN - OCTOBER 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1				1	2
				D503	D504
				SHRIMP SCAMPI (3oz EP Shrimp, 1oz butter sauce, ½c penne) ½ cup broccoli & carrots ½ cup mixed vegetables (corn, peas, green bean, carrot) 1oz Whole wheat bread, pc marg .75oz graham crackers	**EGGPLANT PARMESAN** (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce Fresh Fruit
WEEK #2	5	6	7	8	9
	D505	D508	D509	D510	D511
	TURKEY w CITRUS THYME GRAVY (3oz EP turkey, 2oz gravy) ½ cup mashed potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup apple sauce	**PHILLY CHEESE BURGER** (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c green beans ½ c potatoes 2oz WW hamburger Bun ½ cup peaches	**TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST** (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes ½ cup zucchini, corn and onions 1oz rye bread, pc marg Fresh Orange	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet Muffin	**GRILLED CHICKEN & BACON MAC & CHEESE (**1oz cheddar, 2 oz EP chicken-sent separate, 0.5oz turkey bacon, ½ cup rotini) ½ cup stewed tomatoes ½ cup green beans 1oz whole wheat bread, pc marg ½ cup mandarin oranges
WEEK #3	12	13	14	15	16
	D512	D515	D516	D517	D518
	ROAST BEEF with MUSHROOM GRAVY (3oz EP beef, 2oz mushroom gravy) ½ cup roasted potatoes ½ cup broccoli, cauliflower carrots 2oz whole wheat roll, pc marg Fresh Fruit	**SWEET & SOUR CHICKEN** (3oz EP Chicken, 1oz pineapples, 1oz sauce) ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean ½ cup Brown rice 1oz WW bread, pc marg Fresh Fruit	**ROAST PORK LOIN with FRENCH ONION GRAVY** (3oz EP pork, 1oz onions, 2oz gravy) ½ cup roasted potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup applesauce	**SWEET TOMATO GLAZED MEATLOAF** (3oz EP beef, 1 Tb tomato glaze) ½ cup mashed potatoes ½ cup peas 1oz WW Bread, pc marg .75oz oatmeal cookie	**TURKEY ALFREDO** (3oz EP turkey, ½ cup wide noodles, 2oz light cream sauce) ½ cup mixed veg (green bean, carrot, pea, corn) ½ c warm spiced pears 1oz WW bread, pc marg ½ cup pineapples
WEEK #4	19	20	21	22	23
	D519	D522	D523	D524	D525
	CRISPY CHEESE & POTATO CRUSTED COD (2.5oz EP COD, 0.5oz cheddar cheese) ½ cup Sweet potato cubes ½ cup Island Blend -broc, carr, red pepper, green bean 1oz whole wheat bread, pc marg Fresh Fruit	**CHEESE LASAGNA** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce) ½ cup garlic spinach w carrots ½ cup corn and zucchini Fresh Orange	**ORANGE GLAZED CHICKEN** (3oz EP chicken thigh, 1oz orange glaze) ½ cup brussel sprouts ½ cup roasted potatoes 2oz whole wheat roll, pc marg ½ cup fruit cocktail	**SALISBURY STEAK** (3oz EP salisbury steak, 2oz mushroom gravy) ½ cup green beans ½ cup whipped potatoes 2oz whole wheat roll, pc marg Fresh Fruit	**CRABCAKE & MAC & CHEESE** (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta) ½ c scalloped tomatoes ½ c broccoli, carrot & cauliflower 1oz whole wheat bread, pc marg Sweet Muffin
WEEK #1	26	27	28	29	30
	D526	D501	D502	SPHALL-FRZ	D504
	KOREAN BBQ BEEF(3oz EP beef, 1oz peppers, 1 oz Korean BBQ sauce) ½ c brown rice ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean 1oz whole wheat bread, pc marg ½ cup pears	**LEMON-CAPER CHICKEN PICCATA** (3oz EP chicken breast, 2oz lemon herb sauce) ½ c honey glazed beets ½ cup confetti (peppers) brown rice 2oz whole wheat roll, pc marg Fresh Fruit	**COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES** (3oz EP ground beef, ¼ seasoned diced tomato sauce, ½ cup wide noodles) ½ cup peas ½ cup carrots 1oz WW bread, pc marg ½ cup mandarin oranges	**3OZ GHOULISH BEEF GOULASH** 1/2 C BUTTERED NOODLES 1/2 C PEAS 2oz WW roll, pc marg 1 EA SWEET DESSERT	**EGGPLANT PARMESAN** (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce Fresh Fruit

DELCO FROZEN - NOVEMBER 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2	**2**	**3**	**4**	**5**	**6**
	D505	**D508**	**D509**	**D510**	**D511**
	TURKEY w CITRUS THYME GRAVY (3oz EP turkey, 2oz gravy) ½ cup mashed potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup apple sauce	**PHILLY CHEESE BURGER** (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c green beans ½ c potatoes 2oz WW hamburger Bun ½ cup peaches	**TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST** (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes ½ cup zucchini, corn and onions 1oz rye bread, pc marg Fresh Orange	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet Muffin	**GRILLED CHICKEN & BACON MAC & CHEESE (**1oz cheddar, 2 oz EP chicken-sent separate, 0.5oz turkey bacon, ½ cup rotini) ½ cup stewed tomatoes ½ cup green beans 1oz whole wheat bread, pc marg ½ cup mandarin oranges
WEEK #3	**9**	**10**	**11**	**12**	**13**
	D512	**D515**	**D516**	**D517**	**D518**
	ROAST BEEF with MUSHROOM GRAVY (3oz EP beef, 2oz mushroom gravy) ½ cup roasted potatoes ½ cup broccoli, cauliflower carrots 2oz whole wheat roll, pc marg Fresh Fruit	**SWEET & SOUR CHICKEN** (3oz EP Chicken, 1oz pineapples, 1oz sauce) ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean ½ cup Brown rice 1oz WW bread, pc marg Fresh Fruit	**ROAST PORK LOIN with FRENCH ONION GRAVY** (3oz EP pork, 1oz onions, 2oz gravy) ½ cup roasted potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup applesauce	**SWEET TOMATO GLAZED MEATLOAF** (3oz EP beef, 1 Tb tomato glaze) ½ cup mashed potatoes ½ cup peas 1oz WW Bread, pc marg .75oz oatmeal cookie	**TURKEY ALFREDO** (3oz EP turkey, ½ cup wide noodles, 2oz light cream sauce) ½ cup mixed veg (green bean, carrot, pea, corn) ½ c warm spiced pears 1oz WW bread, pc marg ½ cup pineapples
WEEK #4	**16**	**17**	**18**	**19**	**20**
	D519	**D522**	**D523**	**D524**	**D525**
	CRISPY CHEESE & POTATO CRUSTED COD (2.5oz EP COD, 0.5oz cheddar cheese) ½ cup Sweet potato cubes ½ cup Island Blend -broc, carr, red pepper, green bean 1oz whole wheat bread, pc marg Fresh Fruit	**CHEESE LASAGNA** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce) ½ cup garlic spinach w carrots ½ cup corn and zucchini Fresh Orange	**ORANGE GLAZED CHICKEN** (3oz EP chicken thigh, 1oz orange glaze) ½ cup brussel sprouts ½ cup roasted potatoes 2oz whole wheat roll, pc marg ½ cup fruit cocktail	**SALISBURY STEAK** (3oz EP salisbury steak, 2oz mushroom gravy) ½ cup green beans ½ cup whipped potatoes 2oz whole wheat roll, pc marg Fresh Fruit	**CRABCAKE & MAC & CHEESE** (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta) ½ c scalloped tomatoes ½ c broccoli, carrot & cauliflower 1oz whole wheat bread, pc marg Sweet Muffin
WEEK #1	**23**	**24**	**25**	**26**	**27**
	D526	***SPPCA-THANKS***	**D502**	**D503**	**D504**
	KOREAN BBQ BEEF(3oz EP beef, 1oz peppers, 1 oz Korean BBQ sauce) ½ c brown rice ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean 1oz whole wheat bread, pc marg ½ cup pears	***3OZ ROAST TURKEY W/ 1OZ CORNBREAD STUFFING & 2OZ GRAVY*** *1/2 C MASHED SWEET PO* *1/2 C GREEN BEANS ALM(* *2OZ CRANBERRY SAUCE* *2 oz WW roll, pc margarine* *1 SL APPLE PIE* *4 OZ GRAPE JUICE*	**COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES** (3oz EP ground beef, ¼ seasoned diced tomato sauce, ½ cup wide noodles) ½ cup peas ½ cup carrots 1oz WW bread, pc marg ½ cup mandarin oranges	**SHRIMP SCAMPI** (3oz EP Shrimp, 1oz butter sauce, ½c penne) ½ cup broccoli & carrots ½ cup mixed vegetables (corn, peas, green bean, carrot) 1oz Whole wheat bread, pc marg .75oz graham crackers	**EGGPLANT PARMESAN** (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce Fresh Fruit
WEEK #2	**30**				
	D505				
	TURKEY w CITRUS THYME GRAVY (3oz EP turkey, 2oz gravy) ½ cup mashed potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup apple sauce				

DELCO FROZEN - DECEMBER 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2		1	2	3	4
		D508	D509	D510	D511
		PHILLY CHEESE BURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c green beans ½ c potatoes 2oz WW hamburger Bun ½ cup peaches	**TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST** (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes ½ cup zucchini, corn and onions 1oz rye bread, pc marg Fresh Orange	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet Muffin	**GRILLED CHICKEN & BACON MAC & CHEESE (**1oz cheddar, 2 oz EP chicken-sent separate, 0.5oz turkey bacon, ½ cup rotini) ½ cup stewed tomatoes ½ cup green beans 1oz whole wheat bread, pc marg ½ cup mandarin oranges
WEEK #3	7	8	9	10	11
	D512	D515	D516	D517	D518
	ROAST BEEF with MUSHROOM GRAVY (3oz EP beef, 2oz mushroom gravy) ½ cup roasted potatoes ½ cup broccoli, cauliflower carrots 2oz whole wheat roll, pc marg Fresh Fruit	**SWEET & SOUR CHICKEN** (3oz EP Chicken, 1oz pineapples, 1oz sauce) ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean ½ cup Brown rice 1oz WW bread, pc marg Fresh Fruit	**ROAST PORK LOIN with FRENCH ONION GRAVY** (3oz EP pork, 1oz onions, 2oz gravy) ½ cup roasted potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup applesauce	**SWEET TOMATO GLAZED MEATLOAF** (3oz EP beef, 1 Tb tomato glaze) ½ cup mashed potatoes ½ cup peas 1oz WW Bread, pc marg .75oz oatmeal cookie	**TURKEY ALFREDO** (3oz EP turkey, ½ cup wide noodles, 2oz light cream sauce) ½ cup mixed veg (green bean, carrot, pea, corn) ½ c warm spiced pears 1oz WW bread, pc marg ½ cup pineapples
WEEK #4	14	15	16	17	18
	D519	D522	D523	D524	D525
	CRISPY CHEESE & POTATO CRUSTED COD (2.5oz EP COD, 0.5oz cheddar cheese) ½ cup Sweet potato cubes ½ cup Island Blend -broc, carr, red pepper, green bean 1oz whole wheat bread, pc marg Fresh Fruit	**CHEESE LASAGNA** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce) ½ cup garlic spinach w carrots ½ cup corn and zucchini Fresh Orange	**ORANGE GLAZED CHICKEN** (3oz EP chicken thigh, 1oz orange glaze) ½ cup brussel sprouts ½ cup roasted potatoes 2oz whole wheat roll, pc marg ½ cup fruit cocktail	**SALISBURY STEAK** (3oz EP salisbury steak, 2oz mushroom gravy) ½ cup green beans ½ cup whipped potatoes 2oz whole wheat roll, pc marg Fresh Fruit	**CRABCAKE & MAC & CHEESE** (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta) ½ c scalloped tomatoes ½ c broccoli, carrot & cauliflower 1oz whole wheat bread, pc marg Sweet Muffin
WEEK #1	21	22	23	24	25
	SPPCA-XMAS	D501	D502	D503	D504
	3oz. ROAST BEEF W/ 2oz. BURGUNDY GRAVY *1/2 C GREEN BEANS* *1/2 C RED BLISS MASHED POTATOES* *2oz WW roll, pc marg* *1 EA CHERRY CRUMBLE* *4 OZ APPLE JUICE*	**LEMON-CAPER CHICKEN PICCATA** (3oz EP chicken breast, 2oz lemon herb sauce) ½ c honey glazed beets ½ cup confetti (peppers) brown rice 2oz whole wheat roll, pc marg Fresh Fruit	**COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES** (3oz EP ground beef, ¼ seasoned diced tomato sauce, ½ cup wide noodles) ½ cup peas ½ cup carrots 1oz WW bread, pc marg ½ cup mandarin oranges	**SHRIMP SCAMPI** (3oz EP Shrimp, 1oz butter sauce, ½c penne) ½ cup broccoli & carrots ½ cup mixed vegetables (corn, peas, green bean, carrot) 1oz Whole wheat bread, pc marg .75oz graham crackers	**EGGPLANT PARMESAN** (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce Fresh Fruit
WEEK #2	28	29	30	31	
	D505	D508	D509	D510	
	TURKEY w CITRUS THYME GRAVY (3oz EP turkey, 2oz gravy) ½ cup mashed potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup apple sauce	**PHILLY CHEESE BURGER** (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c green beans ½ c potatoes 2oz WW hamburger Bun ½ cup peaches	**TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST** (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes ½ cup zucchini, corn and onions 1oz rye bread, pc marg Fresh Orange	**RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet Muffin	