

Meal Sheet

Meal #	Entrée	Veggie	Starch	Salad	Dessert
sample	Baked Spaghetti			Mixed salad	
sample	Grilled Chicken	Flame-roasted Asparagus		Watermelon Salad	
sample	Beef/Pork Ribs		French fries	Garden Salad	
sample	Grilled Burgers	Italian beans and Tomatoes			Date and Nut Bread
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Meal Sheet

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