

Monthly Menu Planner

MOW

For the month of:
June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CABBAGE BORCHT MEAT-LOAF COUSCOUS CARROTS</p>	<p>2</p> <p>VEGETABLE-SOUP CHICKEN SHAWARMA RICE MIXED VEGETABLE</p>	<p>3</p> <p>PEA-SOUP BAKED-FISH KASHA MIXED-VEGETABLE</p>	<p>4</p> <p>KALE-SOUP SHEPARD'S-PIE GREEN PEAS CARROTS</p>	<p>5</p> <p>CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE</p>
<p>8</p> <p>TOMATO-SOUP COPPED-STEAK BULGUR GREEN BEANS</p>	<p>9</p> <p>CARROT-SOUP CHICKEN-STEW BROWN-RICE GREEN PEAS</p>	<p>10</p> <p>LENTIL-SOUP SALMON FISH BALLS ROAST POTATO GREEN BEANS</p>	<p>11</p> <p>MUSHROOM-SOUP MEAT LASAGNA MIXED VEGETABLE MIXED VEGETABLE</p>	<p>12</p> <p>CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE</p>
<p>15</p> <p>MINISTRONE-SOUP MEAT-BALLS PASTA GREEN-BEANS</p>	<p>16</p> <p>POTATO LEEK-SOUP CHICKEN-LOAF COUSCOUS MIXED VEGETABLE</p>	<p>17</p> <p>MIX-BEAN SOUP TUNA PATTY ROAST SWEET POTATO DICED CARROTS</p>	<p>18</p> <p>MASHROOM BARLEY-SOUP MEAT-LOAF COUSCOUS CARROTS</p>	<p>19</p> <p>CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE</p>
<p>22</p> <p>VEGETABLE-SOUP COPPED-STEAK BULGUR GREEN BEANS</p>	<p>23</p> <p>BROCOLI-SOUP CHICKEN-STEW BROWN-RICE GREEN PEAS</p>	<p>24</p> <p>KALE-SOUP BAKED SALMON RICE MIXED VEGETABLE</p>	<p>25</p> <p>SWEET-POTATO-SOUP MEAT-PASTA MIXED VEGETABLE MIXED VEGETABLE</p>	<p>26</p> <p>CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE</p>
<p>29</p> <p>BUTTERNUT SQUASH-SOUP MEAT-STEW BROWN-RICE GREEN BEANS</p>	<p>30</p> <p>CABBAGE BORCHT CHICKEN-LOAF COUSCOUS MIXED VEGETABLE</p>			