

JANUARY THE KITCHEN

AT BILLINGS

the ENTREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <u>ENTREES</u> Pot Pie (380 Cal) Cajun Roasted Pork Loin (180 Cal) <u>SOUPS</u> Broccoli Cheddar (360 Cal/480 Cal) Chicken Double Noodle (210 Cal/280 Cal)	2 <u>ENTREES</u> Rigatoni & Meatball (360 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Hearty Chicken Gumbo (320 Cal/420 Cal) Chicken Double Noodle (210 Cal/280 Cal)	3 <u>ENTREES</u> Spinach Lasagna (300 Cal) Ropa Vieja (220 Cal) <u>SOUPS</u> Tomato Basil (210 Cal/280 Cal) Chicken Double Noodle (210 Cal/280 Cal)	4 <u>ENTREES</u> Beef Pepper Steak (180 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Broccoli Cheddar (360 Cal/480 Cal) Chicken Double Noodle (210 Cal/280 Cal)	5 <u>ENTREES</u> Lemon Tilapia (210 Cal) Country Shepherd's Pie (400 Cal) <u>SOUPS</u> Timberline Chili (440 Cal/580 Cal) Chicken Double Noodle (210 Cal/280 Cal)
8 <u>ENTREES</u> Pot Pie (380 Cal) Cajun Roasted Pork Loin (180 Cal) <u>SOUPS</u> Broccoli Cheddar (360 Cal/480 Cal) Chicken Double Noodle (210 Cal/280 Cal)	9 <u>ENTREES</u> Sausage & Penne (820 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Hearty Chicken Gumbo (320 Cal/420 Cal) Chicken Double Noodle (210 Cal/280 Cal)	10 <u>ENTREES</u> Grilled Asian Salmon (140 Cal) Meat Lasagna (340 Cal) <u>SOUPS</u> Italian Wedding (200 Cal/270 Cal) Chicken Double Noodle (210 Cal/280 Cal)	11 <u>ENTREES</u> Swedish Meatballs (620 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Vegetable Rice (120 Cal/170 Cal) Chicken Double Noodle (210 Cal/280 Cal)	12 <u>ENTREES</u> Crispy Pollock (510 Cal) Yankee Pot Roast (260 Cal) <u>SOUPS</u> Timberline Chili (440 Cal/580 Cal) Chicken Double Noodle (210 Cal/280 Cal)
15 <u>ENTREES</u> Spaghetti with Meat Sauce (410 Cal) Shrimp & Grits (250 Cal) <u>SOUPS</u> Fire Roasted Vegetable (110 Cal/150 Cal) Chicken Double Noodle (210 Cal/280 Cal)	16 <u>ENTREES</u> Latin Spiced Pork Roast (150 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Hearty Chicken Gumbo (320 Cal/420 Cal) Chicken Double Noodle (210 Cal/280 Cal)	17 <u>ENTREES</u> Chicken Parmesan (370 Cal) Beef Meatloaf (270 Cal) <u>SOUPS</u> Three Onion Soup (140 Cal/180 Cal) Chicken Double Noodle (210 Cal/280 Cal)	18 <u>ENTREES</u> Honey Mustard Pork Loin (220 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Pasta Fagioli (210 Cal/280 Cal) Chicken Double Noodle (210 Cal/280 Cal)	19 <u>ENTREES</u> Herbed Tilapia (120 Cal) Tortellini & Grilled Vegetables (650 Cal) <u>SOUPS</u> Timberline Chili (440 Cal/580 Cal) Chicken Double Noodle (210 Cal/280 Cal)
22 <u>ENTREES</u> Chicken Jambalaya (320 Cal) Herbed Tilapia (120 Cal) <u>SOUPS</u> Cheddar Bacon Potato Chowder (480 Cal/640 Cal) Chicken Double Noodle (210 Cal/280 Cal)	23 <u>ENTREES</u> Rigatoni & Meatball (360 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Hearty Chicken Gumbo (320 Cal/420 Cal) Chicken Double Noodle (210 Cal/280 Cal)	24 <u>ENTREES</u> Spinach Lasagna (300 Cal) Ropa Vieja (220 Cal) <u>SOUPS</u> Tomato Basil (210 Cal/280 Cal) Chicken Double Noodle (210 Cal/280 Cal)	25 <u>ENTREES</u> Beef Pepper Steak (180 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Broccoli Cheddar (360 Cal/480 Cal) Chicken Double Noodle (210 Cal/280 Cal)	26 <u>ENTREES</u> Lemon Tilapia (210 Cal) Country Shepherd's Pie (400 Cal) <u>SOUPS</u> Timberline Chili (440 Cal/580 Cal) Chicken Double Noodle (210 Cal/280 Cal)
29 <u>ENTREES</u> Pot Pie (380 Cal) Cajun Roasted Pork Loin (180 Cal) <u>SOUPS</u> Broccoli Cheddar (360 Cal/480 Cal) Chicken Double Noodle (210 Cal/280 Cal)	30 <u>ENTREES</u> Sausage & Penne (820 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Hearty Chicken Gumbo (320 Cal/420 Cal) Chicken Double Noodle (210 Cal/280 Cal)	31 <u>ENTREES</u> Grilled Asian Salmon (140 Cal) Meat Lasagna (340 Cal) <u>SOUPS</u> Italian Wedding (200 Cal/270 Cal) Chicken Double Noodle (210 Cal/280 Cal)	1 <u>ENTREES</u> Swedish Meatballs (620 Cal) Fried Chicken (470 Cal) <u>SOUPS</u> Vegetable Rice (120 Cal/170 Cal) Chicken Double Noodle (210 Cal/280 Cal)	2 <u>ENTREES</u> Crispy Pollock (510 Cal) Yankee Pot Roast (260 Cal) <u>SOUPS</u> Timberline Chili (440 Cal/580 Cal) Chicken Double Noodle (210 Cal/280 Cal)