<table>
<thead>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>Lecture</td>
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<td>Lunch</td>
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<td>Dinner</td>
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**MONDAY**
- Romaine, kale, pepper, black olive, feta (v)
- Herb Potato salad w/ mustard vinaigrette (v)
- Sunflower seeds (7 oz portion)
- Covello (Original)
- Frozen berries w/ whipped cream
- 1% milk (d)
- 3/6 protein (p)

**TUESDAY**
- Dominican Moro (g) w/ br.
- Action/Gap

**WEDNESDAY**
- 1 fat (O/F)
- 3/6 protein (p)
- 2/6 grain (g)

**THURSDAY**
- NYC Department for the Aging
  - Added flavor
  - Vegetable (v)
  - Protein (p)

**FRIDAY**
- WW bread (g)
  - (g) (g) (g)

**SATURDAY**
- WW bread (g)
  - (g) (g)

**SUNDAY**
- WW bread (g)
  - (g) (g) (g)