

	MONDAY Day 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5	SATURDAY Day 6	SUNDAY Day 7
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
JUICE (4 oz)	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
HOT CEREAL (6 oz)	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat
PROTEIN	Scrambled Egg	Cheese	Hard Cooked Egg	Garden Omelet	Scrambled Egg Pork Sausages	Poached Egg	Hard Cooked Egg Bacon
STARCH	Toast	Muffin	Pancakes Warm Maple Syrup	Toast	Toast	Toast	Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SOUP (6 oz) SALAD (4 oz)	Chicken Rice Soup	Country Vegetable	Cream of Mushroom Crunchy Salad	<b>Corn Chowder</b> Soup	Minestrone Soup Overnight Coleslaw	Butternut Squash Soup Pickled Beet Salad	Beef Vegetable
MAIN ENTREE	Pasta Alfredo with Shrimp	Homestyle Meatloaf with Gravy	Pizza Choice of Ham & Pineapple or Vegetable	Rueben Sandwich Sliced Dill Pickle	Battered Pollock Tartar Sauce	Chicken Fillets with Plum Sauce	Creamy Macaroni & Cheese
STARCH	<b>French Cut Green Beans</b>	Mashed Potatoes			French Fries	Mashed Potatoes	<b>Peas</b>
VEGETABLES (3 oz)		Cream Style Corn				<b>Cream Style Corn</b>	
DESSERT (4 oz)	Fruit Cocktail	Lemon Pudding	Mandarin Orange Sections	Diced Pears	Fresh Fruit	Tropical Ambrosia	Mandarin Orange Sections
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
MAIN ENTRÉE	Ginger Beef	CRISPY CHICKEN	Shepherd’s Pie with Gravy	Chicken a la King	Baked Pasta with Meat Sauce	Pork Riblet ALT: BBQ Beef Riblet	Roast Turkey /Gravy Cranberry Sauce
STARCH (#20)	Steamed Rice	Swarties Potatoes		Biscuit	Garlic Bread	Baked Potatoes Gr. Onions, Bacon Bits, Sour Cream	Mashed Potatoes
VEGETABLES (3 oz)	Oriental Mixed Vegetables	Italian Mixed Vegetables	Peas	Pick of the Day Mixed Vegetables	<b>Italian Mixed Vegetables</b>	Broccoli and Cauliflower with Cheese Sauce	Julienne Dilled Carrots
DESSERT (4 oz)	Jello	Home Baked Cookies	Chocolate Fudge Cake	Mini Donuts	Tiramisu Mousse	Ice Cream Novelty	Strawberry/ Rhubarb Pie
<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>
	Shaved Ham & Mustard	Egg Salad	Shaved Turkey & Cranberry Sauce	Cream Cheese & Cucumber	Shaved Beef & Mayo	Beef Salad	Egg Salad
	Egg Salad	Ham Salad	Egg Salad	Turkey Salad	Egg Salad	Egg Salad	Crab Salad
	Peanut Butter & Jam	<b>Sliced Cheese &amp; Tomato</b>	Tuna Salad Wrap	Egg Salad	Peanut Butter & Banana	<b>Sliced Cheese &amp; Mayo</b>	Peanut Butter & Jam

	MONDAY Day 8	TUESDAY Day 9	WEDNESDAY Day 10	THURSDAY Day 11	FRIDAY Day 12	SATURDAY Day 13	SUNDAY Day 14
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
JUICE (4 oz)	Apple Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Orange Juice
HOT CEREAL (6 oz)	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats
PROTEIN	Cheese	Pork Sausages Hard Cooked Egg	Poached Egg	Scrambled Egg	Hard Cooked Egg	Scrambled Egg	Hard Cooked Egg Bacon
STARCH	Muffin	Toast	Toast	Toast	Waffle Warm Maple Syrup	Toast	Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SOUP (6 oz) SALAD (4 oz)	Country Vegetable Soup	Beef Noodle Soup <b>Coleslaw</b>	French Onion Soup	Tomato Soup	<b>Italian Wedding Soup</b> <b>Coleslaw</b>	Minestrone Soup <b>Spinach Salad</b>	Beef Vegetable Soup
MAIN ENTRÉE	Pyrogies Diced Onion, Bacon Bits, Sour Cream	<b>Grilled Chicken</b>	Steak & Mushroom Pot Pie with Gravy	Grilled Ham & Cheese Sandwich	Ultimate Fish Sticks/ Tartar Sauce	Choice of Western or Garden Omelet with Salsa	Teriyaki Turkey Burger #4038333 with red onion and cheese
STARCH (#20)	Beef Cabbage Roll	<b>Garlic Mashed Potatoes</b>	Green Beans	Sliced Dill Pickle	Yam Fries / Ketchup	Potato Patties	<b>California Mixed Vegetables</b>
VEGETABLES (3 oz)	Diced Pears	<b>California Mixed Vegetables</b>	Fruit Cocktail	<b>Italian Mixed Vegetables</b>	Ice Cream Dixie	Apple Strudel	Fruit Salad
DESSERT (4 oz)		Buttertart Bar		Home Baked Cookies			
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
MAIN ENTRÉE SALAD (4 oz)	Crunchy Perch/ Tartar Sauce <i>Alternate: Garden Vegetable Patty/ Gravy</i>	Corned Beef & Cabbage	Sweet & Sour Chicken Balls	Home Style Chili with Sour Cream	Bombay Chicken Breast	Beef Lasagna	Festive Baked Ham <i>Alternate: Roast Beef</i>
STARCH (#20)	Mashed Potatoes	Roasted Potatoes	Fried Rice Spring Roll Fortune Cookie #0434563	Vienna Bun/ Margarine	Steamed Rice	Garlic Bread	Scalloped Potatoes
VEGETABLES (3 oz)	Italian Mixed Vegetables	Bread Pudding with Caramel Sauce/ Whipped Topping	Oriental Mixed Vegetables	Peas	Pick of the Day Vegetables	<b>French Cut Green Beans</b>	<b>Julienne Dilled Carrots</b>
DESSERT (4 oz)	Tapioca Pudding	Jello		Mandarin Orange Sections	Fresh Fruit	Crepe Brulee	Pumpkin Pie with Whipped Topping
<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>
	Turkey Salad	Egg Salad	Cheese & Tomato	Cream Cheese & Cucumber	Egg Salad	Crab Salad	Egg Salad
	Egg Salad	Salmon Salad	Egg Salad	Egg Salad	Shaved Beef & Mayo	Egg Salad	Swiss Cheese & Mayo
	Cream Cheese & Cucumber	Swiss Cheese & Mayo	Peanut Butter & Jam	Tuna Salad	Slice Cheese & Mayo	Peanut Butter & Banana WRAP	Salmon Salad

	MONDAY Day 15	TUESDAY Day 16	WEDNESDAY Day 17	THURSDAY Day 18	FRIDAY Day 19	SATURDAY Day 20	SUNDAY Day 21
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
JUICE (4 oz)	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Apple Juice	Cranberry Juice
HOT CEREAL (6 oz)	Cream of Wheat	Rollled Oats	Cream of Wheat	Rollled Oats	Cream of Wheat	Rollled Oats	Cream of Wheat
PROTEIN	Poached Egg	Cheese	Pork Sausages Hard Cooked Egg	Hard Cooked Egg	Scrambled Egg	Garden Omelet	Hard Cooked Egg Bacon
STARCH	Toast	Muffin	Toast	Pancakes Warm Maple Syrup	Toast	Toast	Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SOUP (6 oz) SALAD (4 oz)	Cream of Broccoli Soup	Italian Wedding Soup Coleslaw	Beef Noodle Soup <b>Spinach Salad</b>	Turkey Vegetable Soup	Tomato Bisque Soup Cucumber Salad	<b>Cream of Vegetable</b> Soup	Beef Barley Soup
MAIN ENTREE	Beef Hot Dog with Fried Onions Ketchup, Mustard	Cod Nuggets/ Tartar Sauce	Assorted Sandwich Platter: Shaved Turkey, Lettuce & Mayo Wrap, Egg Salad, Crab Salad	Broccoli & Cheese Frittata	Chicken #7109865 Tzatziki Sauce #8329591	Beef Burger on a Bun shredded lettuce, sliced cheese & tomato	Pork Sausages
STARCH (#20)		Steak Fries/ Ketchup		Mini Croissant		Onion Rings / Ketchup	Belgian Waffle with Fruit Sauce and Whipped Topping
VEGETABLES (3 oz)	Baked Beans	Oriental Mixed Vegetables		2 Bite Chocolate Brownie	Steamed Rice	Fresh Fruit	Mandarin Orange Sections
DESSERT (4 oz)	Home Baked Cookies	Diced Pears	Ice Cream Novelty		Home Baked Cookies		
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
MAIN ENTRÉE	Cranberry Quarter Chicken	BBQ Beef Riblet	Pork Tenderloin with Applesauce <u>Alternate:</u> Garden Vegetable Pattie	HOMEMADE Beef Stew	Parsley Salmon with Lemon Dill Sauce <u>Alternate:</u> Beef Lasagna	Mustard Glazed Chicken Thighs	Roast Beef /Gravy
STARCH (#20)	Mashed Potatoes	Pasta Salad	Baked Potato Gr. Onions, Bacon Bits, Sour Cream	Baked Biscuit	Roasted Potatoes	Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLES (3 oz)	Brussel Sprouts	Parslied Julienne Carrots	Diced Squash	French Cut Green Beans	Italian Mixed Vegetables	Pick of the Day Mixed Vegetables	Diced Turnips
DESSERT	Rice Pudding	Date Square	Mandarin Orange Sections	Warm Fruit Crisp	Cream Puffs	Variety Cake Bites (Euro Bites)	Banana Cream Pie
<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>
	Shaved Ham & Mustard	Egg Salad	Tuna Salad	Shaved Beef & Mayo	Egg Salad	Shaved Turkey & Cranberry Sauce WRAP	Turkey Salad
	Egg Salad	Ham Salad WRAP	Egg Salad	Turkey Salad	Beef Salad	Egg Salad	Cheese & Tomato
	Sliced Cheese & Mayo	Peanut Butter & Jam	Cheddar Cheese & Tomato	Peanut Butter & Banana	Cream Cheese & Cucumber	Peanut Butter & Jam	Crab Salad