



Sample Weekly Menu

Sunday

Breakfast	Lunch	Dinner
Cereal of the Day Belgian Waffle with Strawberry Topping Syrup / Margarine Breakfast Meat Juice of the Day Milk / Coffee / Tea	Veal Parmesan with Tomato Sauce Seasoned Pasta Herbed Broccoli & Cauliflower Bread or Roll / Margarine Caramel Apple Bread Pudding Coffee / Tea Option 2: Chicken Cordon Bleu with Sauce	Split Pea Soup Crackers Seafood Salad Sandwich Potato Chips Tomato Cucumber Salad Gingersnaps Milk / Coffee or Tea Option 2: Beef & Macaroni Casserole Bread or Roll / Margarine

Monday

Breakfast	Lunch	Dinner
Cereal of the Day Breakfast Biscuit Sandwich Seasonal Fruit Juice of the Day Milk / Coffee / Tea	Cornflake Crumb Chicken Skillet Fried Potatoes Creamed Spinach Bread or Roll / Margarine Fruit Turnover Coffee / Tea Option 2: Smokey Shredded Beef	Baked Cheese Lasagna Buttered Zucchini Herb Bread Rocky Road Pudding Milk / Coffee or Tea Option 2: Pork Chop with Apples Oven Roasted Potatoes

Tuesday

Breakfast	Lunch	Dinner
Cereal of the Day Egg of the Day Hash Brown Patty Toast Margarine / Jelly Juice of the Day Milk / Coffee / Tea	Pepper Steak Seasoned Rice Whole Kernel Corn Bread or Roll / Margarine Orange Pineapple Ambrosia Coffee / Tea Option 2: Chicken Teriyaki	Baked Lemon Tilapia Creamy Potato Casserole Apple Slaw Bread or Roll / Margarine Blueberry Streusel Bar Milk / Coffee or Tea Option 2: Bratwurst on a Bun



Sample Weekly Menu

Wednesday

Breakfast	Lunch	Dinner
Cereal of the Day Apple Cinnamon Pancakes Syrup / Margarine Breakfast Meat Juice of the Day Milk / Coffee / Tea	Sweet and Sour Pork Buttered Pasta Oriental Blend Vegetables Bread or Roll / Margarine Cream Puff Coffee / Tea Option 2: Salisbury Steak	Heart Vegetable Soup Crackers Turkey Sandwich Sliced Tomato, Onion and Lettuce Leaf Pickled Beets Boston Cream Dessert Milk / Coffee or Tea Option 2: Pasta Primavera with Shrimp

Thursday

Breakfast	Lunch	Dinner
Cereal of the Day Scrambled Eggs Biscuit Margarine / Jelly Juice of the Day Milk / Coffee / Tea	Roast Beef Apple Sweet Potato Casserole Herbed Green Beans Bread or Roll / Margarine Fruit Pie Coffee / Tea Option 2: Scalloped Turkey with Mushrooms	Tortellini Casserole Orange Spice Carrots House Salad Breadstick Margarine Tiramisu Cup Milk / Coffee or Tea Option 2: Italian Sub Sandwich

Friday

Breakfast	Lunch	Dinner
Cereal of the Day Mushroom Omelet Toast Margarine / Jelly Juice of the Day Milk / Coffee / Tea	Fish & Chips Peas and Mushrooms Bread or Roll / Margarine Ice Cream Coffee / Tea Option 2: Open Faced Roast Beef Sandwich With Gravy Mashed Potatoes	Beef Barley Soup Crackers Tri-Salad Plate Sliced Tomatoes Croissant Ranger Cookie Milk / Coffee or Tea Option 2: Quiche Lorraine



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Saturday

Breakfast	Lunch	Dinner
Cereal of the Day Egg of the Day Toast Margarine / Jelly Juice of the Day Milk / Coffee / Tea	Meat Loaf Mashed Potatoes Broccoli Au Gratin Bread or Roll / Margarine French Apple Pie Dessert Coffee / Tea Option 2: Brunswick Stew Biscuit	Chicken Tenders Dipping Sauce Steak Fries Creamy Cucumber Onion Salad Bread or Roll / Margarine Pumpkin Bar Milk / Coffee or Tea Option 2: Hot Pastrami Sandwich

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