SAMPLE WEEKLY MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 8-9 AM	BREAKFAST 8-9 AM	BREAKFAST 8-9 AM	BREAKFAST 8-9 AM	BREAKFAST 8-9 AM	BREAKFAST 8-9 AM	BREAKFAST 8-9 AM
Banana Oatmeal Buttermilk Pancakes Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal Choice of Juice Milk/Coffee/Tea/Decaf	**Choice of Egg Toast Hash Browns Seasonal Fruit Hot or Cold Cereal** Choice of Juice Milk/Coffee/Tea/Decaf	**Belgian Waffle Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal** Choice of Juice Milk/Coffee/Tea/Decaf	**Vegetable Baked Omelet Toast Seasonal Fruit Hot or Cold Cereal** Choice of Juice Milk/Coffee/Tea/Decaf	**Breakfast Pizza Seasonal Fruit Hot or Cold Cereal** Choice of Juice Milk/Coffee/Tea/Decaf	**Honey-Drizzled French Toast Casserole Breakfast Meat of Choice Seasonal Fruit Hot or Cold Cereal** Choice of Juice Milk/Coffee/Tea/Decaf	**Choice of Egg Coffee Cake Seasonal Fruit Hot or Cold Cereal** Choice of Juice Milk/Coffee/Tea/Decaf
LUNCH 12-1 PM	LUNCH 12-1 PM	LUNCH 12-1 PM	LUNCH 12-1 PM	LUNCH 12-1 PM	LUNCH 12-1 PM	LUNCH 12-1 PM
Roasted Turkey Breast with Maple Mustard Glaze Red Bliss Potatoes Broccoli Polonaise Bread or Roll & Butter or Margarine Smothered Steak with Onions Red Bliss Potatoes Broccoli Polonaise Bread or Roll & Butter or Margarine Gingerbread with Whip Topping Choice of Beverage	**Pork Steak Scallopini Parmesan Noodles Buttered Beets Bread or Roll & Butter or Margarine** Sour Cream Dill Baked Fish Baked Winter Squash Buttered Beets Bread or Roll & Butter or Margarine Cranberry Orange Dessert Choice of Beverage	**Pan Seared Chicken Wild Rice and Cranberries Seasoned Zucchini Bread or Roll & Butter or Margarine** Shepherd's Pie Seasoned Zucchini Bread or Roll & Butter or Margarine Brown Butter Blondie Choice of Beverage	**BBQ Meat Loaf Mashed Sweet Potatoes Peas and Cauliflower Bread or Roll & Butter or Margarine** Savory Roasted Chicken Mashed Sweet Potatoes Peas and Cauliflower Bread or Roll & Butter or Margarine Chocolate Silk Pie Choice of Beverage	**Braised Pork Chop Spinach Rice Bake Seasoned Succotash Bread or Roll & Butter or Margarine** Turkey Jambalaya Seasoned Spinach Bread or Roll & Butter or Margarine Blueberry Pear Cobbler Choice of Beverage	**Pecan Crusted Fish Orzo with Vegetables Parslied Fresh Baby Carrots Bread or Roll & Butter or Margarine** Burgundy Beef Orzo Parslied Fresh Baby Carrots Bread or Roll & Butter or Margarine Coconut Topped Oatmeal Cake Choice of Beverage	**Roast Beef Au Jus Scalloped Potatoes Buttered Peas Bread or Roll & Butter or Margarine** Chicken Teriyaki Hawaiian Rice Buttered Peas Bread or Roll & Butter or Margarine Bread Pudding with Rum Sauce Choice of Beverage
DINNER 5-6 PM	DINNER 5-6 PM	DINNER 5-6 PM	DINNER 5-6 PM	DINNER 5-6 PM	DINNER 5-6 PM	DINNER 5-6 PM
Baked Cheese Lasagna French Green Bean Medley Garlic Bread Pasta Fagioli Soup Crackers Seafood Salad Plate Bread or Roll & Butter or Margarine Lemon Square Milk/Coffee/Tea/Decaf	**Hearty Beef Stew House Salad Bread or Roll & Butter or Margarine** Chicken Cordon Bleu Sandwich Steak Fries Frosted Marble Cake Milk/Coffee/Tea/Decaf	**Kielbasa with Apple Sauerkraut Oven Browned Potatoes Mixed Vegetables Bread or Roll & Butter or Margarine** Hungarian Mushroom Soup, Crackers Chef Turkey Salad with Dressing Bread or Roll & Butter or Margarine Fresh Fruit Cup Milk/Coffee/Tea/Decaf	**Tuna Noodle Casserole Stewed Tomatoes with Onions Tossed Salad Bread or Roll & Butter or Margarine** Cream of Tomato Soup Crackers, Grilled Cheese Sandwich Tater Tots Tossed Salad Peanut Butter Cookie Milk/Coffee/Tea/Decaf	**Pot Roast with Vegetables Baked Potato Broccoli Florets Bread or Roll & Butter or Margarine** Lentil Barley Soup Crackers Cranberry Chicken Salad over Romaine Bread or Roll & Butter or Margarine Pumpkin Bar Milk/Coffee/Tea/Decaf	**Crispy Chicken Tenders Dipping Sauce Herb Roasted Potato Wedges, Coleslaw Over Greens Bread or Roll & Butter or Margarine** Quiche Lorraine Herb Roasted Potato Wedges, Coleslaw Over Greens Bread or Roll & Butter or Margarine Peach Shortcake Milk/Coffee/Tea/Decaf	**Autumn Pork Loin Harvest Roasted Vegetables Savory Green Beans Bread or Roll & Butter or Margarine** Ravioli with Garlic Cream Sauce Savory Green Beans Breadstick Dutch Apple Pie Milk/Coffee/Tea/Decaf
HS SNACK	HS SNACK	HS SNACK	HS SNACK	HS SNACK	HS SNACK	HS SNACK
Assorted snacks Juice	**Assorted snacks Juice**	**Assorted snacks Juice**	**Assorted snacks Juice**	**Assorted snacks Juice**	**Assorted snacks Juice**	**Assorted snacks Juice**