| Sunday | Monday | Tuesday | Wedinesday | Thurseday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry Lunch - Bourbon Chicken, Carrots, Rice, Broccoli <br> Dinner - Grilled Monte Cristo w/Ham, Raspberry preserves, Spinach Salad |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch - Ham w/Apricot Glaze, Buttermilk \& Chive Potatoes, Baby Carrots, Dinner Roll <br> Dinner -Tomato Soup, Grilled Cheese Sandwich, Fruit Salad, Pickles | Breakfast - Cream Cheese \& Chive Omelet, Toast, Melons, Berries <br> Lunch - Beef Fajitas on a Flour Tortilla, Sauteed Onions \& Peppers, Black Beans \& Rice <br> Dinner -Lemon Pasta \& Pea Salad w/Chicken, Crostini Crackers, Stuffed Tomato Gratin | Breakfast - Scrambled Eggs, Bacon, Cinnamon Raisin Toast, Berries <br> Lunch - Breaded Pork Chop w/Strawberry Rhubarb Compote, Parslied Potatoes, Squash, Dinner Roll <br> Dinner - Chicken Tenders, Dijon Mustard Sauce, Tator Tots, Waldorf Salad | Breakfast - Eggs to order, Potato Pancakes w/Applesauce, Morning Pastry, Fruit <br> Lunch - Grilled Cheeseburger w/Fried Onions, Asst Toppings, French Fries, Baked Beans <br> Dinner- Fish Tacos w/Slaw, Salsa, Sour Cream, Mixed Greens w/Mango \& Avocado, Tortilla Chips | Breakfast - Fried Eggs Bacon Breakfast Potatoes, Toast, Fruit Lunch - Stuffed Chicken Breast w/Spinach \& Cream Cheese, Orange Glazed Sweet Potatoes, Roasted Brussel Sprouts <br> Dinner - Naan Bread Pizza w/Italian Sausage \& Roasted Vegetables, Garden Salad | Breakfast - Belgian Waffles w/Strawberries \& Cream, Sausage Links, Sliced Banana <br> Lunch - Roasted Salmon w/Sundried Tomato Sauce, Quinoa Rice Blend, Steamed Broccoli <br> Diner - Tomato \& Bacon Quiche w/Swiss Cheese, Sweet Bread, Grapes \& Melon | Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch - Spaghetti /Meat sauce, Garden Salad, Parmesan Garlic Bread <br> Dinner -Grilled Ranch Chicken on a bun, Sweet Potato Fries, Lettuce \& Tomato Slices |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch - Buttermilk Chicken, Baked Potato, Fire Roasted Beets, Dinner Roll <br> Dinner -Chef Salad w/Ham, Turkey, and Egg, Choice of Dressing, Breadstick | Breakfast - French Toast, Warm Syrup, Fresh Berries, Bacon <br> Lunch -Ricotta Stuffed Shells w/Spinach Meat sauce, Garden Salad, Roasted Carrots <br> Dinner - Ham \& Swiss Sliders, Homemade Potato Salad, B \& B Pickles, Watermelon | Breakfast - Eggs to order, Breakfast Potatoes, Sausage, Toast, Fruit <br> Lunch - Roasted Pork Loin w/Raspberry BBQ Sauce, Scalloped Corn, Green Beans <br> Dinner - Fish Cakes w/Remoulade Sauce, Heirloom Tomato Salad, Parmesan Garlic Toast | Breakfast - Ham, Egg \& Cheese on an English Muffin, Yogurt Parfait <br> Lunch - Meatloaf w/Tomato Glaze, Mashed Potatoes, Broccoli <br> Dinner - Pesto Chicken Wrap, Marinated Cucumber Salad, Grapes | Breakfast - Scrambled Egg Strudel, Fresh Fruit, Salsa <br> Lunch - Gouda Pasta Primavera, Sauteed Vegetables, Garden Salad, Grilled Bread <br> Dinner - Pulled Chicken on a Bun, Coleslaw, Pineapple BBQ Baked Beans | Breakfast - Poached Eggs, Hashbrowns, Wheat Toast, Fresh Fruit <br> Lunch - Coconut Shrimp, Sweet Chili Dipping Sauce, Veg Fried Rice, Pea Pods <br> Dinner - Egg Salad Sandwich w/ Lettuce, Caprese Salad, Sun Chips, Fruit | Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch - Herbed Roast Beef w/Horseradish Sauce, Roasted Potatoes, Harvard Beets, Warm Dinner Roll <br> Dinner - Roasted Turkey Salad over lettuce, Fruit, Muffin |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch- Oven Fried Chicken, Cauliflower Salad, Baked Beans, Watermelon <br> Dinner - Grilled Cheese, Tomato Basil Soup, Pickles, Fruit Salad | Breakfast - Sausage \& Mushroom Egg bake, Raisin Toast, Yogurt Parfait <br> Lunch - Garlic Butter Steak Bites w/Oven Fried Potatoes \& Fresh Herbs, Roasted Zucchini and Peppers, Warm Bread <br> Dinner - Grilled salmon, Lemon Orzo Pasta, Mixed Green, Crostini | Breakfast - Eggs to order, Breakfast Potatoes, Bacon, Toast, Fruit <br> Lunch - Lasagna, Caesar Salad, Garlic Bread <br> Dinner- Turkey Burger, Sweet Potato Fries, Marinated Veg Salad | Breakfast - Breakfast Burrito, Salsa, Fruit <br> Lunch- Pork Tenderloin, w/Peach Sauce, Baked Sweet Potato, Roasted Cauliflower, Roll <br> Dinner -Greek Salad, w/Chicken and fresh veg, Pita bread wedges | Breakfast-Bacon, Egg, Avocado on as Croissant, Melon \& Berries <br> Lunch -Coconut Curry Chicken w/Tomatoes, Rice, Broccoli <br> Dinner -Asian Noodle Cold Salad, Egg Roll | Breakfast - Buttermilk Pancakes w/blueberries, bacon <br> Lunch - Parmesan Crusted Tilapia, Cheesy Potato Bake, Vegetable Medley <br> Dinner - Open Face Scrambled Eggs, w/Parm Cheese over Wheat Bread, Tomatoes | Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch - Pork Chops w/ Tomatoes, Mashed Potatoes, Summer Squash, Garlic Toast <br> Dinner - Beef Taco Salad w/Asst Toppings, Refried Beans, Salsa \& Sour Cream |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch - Shrimp Skewer, Basil Pesto Pasta, Roasted Asparagus, Cheddar Biscuit | Breakfast - Huevos Rancheros w/ fried eggs, fruit <br> Lunch - Hamburger Steak, Mashed Red Potatoes, Gravy, Green Beans, Dinner Roll | Breakfast -Spinach Quiche, Fresh Fruit, Muffin <br> Lunch -Oven Baked Cod w/ Lemond Butter Sauce, Quinoa, Roasted Peppers \& Onions | Breakfast- Poached Eggs, Half Bagel, Cream Cheese, Yogurt Parfait <br> Lunch-Slow Roasted Ribs, Honey Cornbread, American Fries, Corn on the Cob | Breakfast-Scrambled Eggs, Bacon, Raisin Toast, Melon \& Berries Lunch-Chicken Marsala over Pasta, Peas w/Pearl Onions Warm Bread | Breakfast- Fried Eggs, Sausage Patty, English Muffin, Fruit Lunch-Beer Battered Cod, Jo Jo Potatoes, Apple Coleslaw | Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry <br> Lunch- Bourbon Chicken, Vegetable Rice, Broccoli |


| Dinner - Beef \& Cheddar <br> w/Roasted Red Peppers on Wheat Bread, Horseradish Sauce, Summer Vegetable Salad | Dinner - Loaded Baked Potato w/Ham, Broccoli, Cheese, Marinated Tomato Salad | Dinner -Grilled Bratwurst on a Bun, Sauerkraut \& Pickles, Vegetable Bean Salad, Cinnamon Apples | Dinner- Asian Salad w/Chicken Tenders over a bed of mixed lettuce, breadstick | Dinner-Open Face Pizza <br> Burger, Garden Salad w/egg | Dinner- Seafood Pasta Salad on a bed of Spring Greens, Fresh Baked Croissant, Melon | Dinner-Grilled Monte Cristo w/Rasp Preserves, Spinach Salad, Pickles \&Olives |
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| 30 |  |  |  |  |  |  |
| Breakfast - Hot or Cold Cereal, Yogurt, Fruit, Pastry Lunch - Baked Ham, Mashed Potatoes Vegetable Dinner - Tuna Salad Croissant w/Lettuce \& Tomato Sun chips, |  |  |  |  |  |  |

