

MENU

Date: Week 1	BREAKFAST	LUNCH	DINNER
SUNDAY	Hot: Oatmeal Juice: Peaches Scrambled egg Ham Eng/Banana muffins	Pot Roast w/ Gravy/ Bake chicken Mashed Potatoes Turnip Green beans Strawberry Sundae	Tomato Soup Egg Salad sandwich Tuna Casserole Jello fruit salad Choco chip cookies
MONDAY	Hot: Oatmeal Juice: Pears Bacon Pumpkin muffin	Sweet/ Sour Chicken Baked ham Baked Potatoes Carrots/ Spinach Bread pudding w/ cream	*Seafood salad /on lett. Cottage cheese/Macar. Salad *Sliced Turkey & Cheese Sandwich Peaches cupcakes
TUESDAY	Hot: Oatmeal Juice: Orange Fried eggs/Sausage Toast/Coffee cake	Spaghetti/meatballs Veal Patties Cheddar Mashed Potato Tossed salad Cr corn Garlic bread Banana cream pie	Hot dogs w/fried onions Chicken Fillet Sandwich/lett. Tom. Oven fries Carrot & raisin salad Butterscotch Pudding w/cream
WEDNESDAY	Hot: Oatmeal Juice: Grapes or melons Cheese Omelet English/ bagel	BBQ DAY (grilled) Texas cheeseburger Melt/grilled onions B-Q Chicken Potato Salad Coleslaw/Watermelon Turnovers	Broccoli/cheese soup HOT Pastramis Sandwich w/Swiss cheese Olives cr cheese sand Cottage Cheese/ oranges Ice Cream
THURSDAY	Hot: Oatmeal Juice: Strawberries French toast/Bacon English/extra muffins	Roast Pork apple/ nutmeg sauce Liver & onions Scallop potatoes Squash/Peas/Carrots Cheese cake bar	Tortellini Soup Grilled cheese Sandwich Peanut butter & jelly Fruit cocktail Lemon pound cake w/cream
FRIDAY	Hot: Oatmeal Juice: Honeydew Fried egg/cheese Croissant Toast	Baked Tilapia Macaroni & Cheese Oven Roasted Potatoes Green Beans California Mixed Vegetable Apple Crisp	B.L.T. Sandwich Fresh Fruit Plate w/ Cottage Cheese Chips & pickles Brownies
SATURDAY	Hot: Oatmeal Juice: Extra fruit Pancakes Ham toast	Beans & hot dogs Hamburger on a bun French Fries Coleslaw/Pickled beet Brown bread Blueberry cake w/ cream	Beef Stew & Biscuit Monte Cristo Sandwich Pears Jell-o w/cream

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Date: Week 2	BREAKFAST	LUNCH	DINNER
SUNDAY	Hot Oatmeal Juice Mixed fruit Cheese Omelet Home fries Toast/donuts	Roast Turkey w/stuffing/gravy/cra Mashed Potatoes Peas/ squash Tapicoa pudding	Chicken Noodle Soup Ham or Egg Salad Sandwich Watergate Salad Chips & Pickles Ginger cookies
MONDAY	Hot: Oatmeal Juice Pears Hard Boiled eggs Sausage/Toast Sour cr coffee cake	Meatloaf Chicken w/ Apple and Brie Mashed potatoes Green beans Stir fry veggies Chocolate Cake w/ Peanutbutter frosting	Cup of Pasta Soup Roast Beef Sub Toasted Shrimp Roll Sliced Watermelon Banana bars
TUESDAY	Hot: Oatmeal Juice Orange Rasp. Muffins Bacon Eng/Bagel	American chop suey Baked Ham w/ Pineapple Mashed Potato Whole kernel corn beets It Bread Pumpkin mousse	Turkey & rice soup Reuben sand/rye Ham Salad sand Pickles & Chips Cream puffs
WEDNESDAY	Hot: Oatmeal Juice Melons Waffles Blueberry muffins	BBQ DAY (grilled) Grilled Salmon B-Q Chicken Breast Gr Potato w/oni&pep Fresh Fruit Salad Frosted Cupcakes	Chicken croquettes/gravy Veggie rice Corn chowder/p.b.sand Mandarin Oranges Brown sugar cookies
THURSDAY	Hot: Oatmeal Juice Grapes Fried eggs Ham Apple Muffins	Hot Turkey sand w/ Gravy & Stuffing Stuff Peppers Mashed Potatoes Carrot w/butter Stewed tomato Choc straw torte	Tomato soup Gr cheese Hot dogs on a bun Oven Fries Pineapple chunks Hot fudge sundaes
FRIDAY	Hot: Oatmeal Juice Berries Poached Eggs Hash Banana muffins	Baked Haddock Beef Burgundy Rice pilaf Asparagus Corn Raspberry Turnovers	Pizza: Loaded/cheese Egg Salad Sandwich on a crossaint Fresh Fruit Cup Chips& Pickles Brownies
SATURDAY	Hot: Oatmeal Juice Peaches French toast Ham Bagel /English	Beans & Hot Dogs Chicken Pot Pie Brown Bread Coleslaw Coconut Cream Pudding	Fish chowder Chicken Filet on a bun Cream Cheese & Cherry Sandwich Fruit cocktail/cott. cheese, Easy Dessert

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Date: Week 3	BREAKFAST	LUNCH	DINNER
SUNDAY	Hot: Oatmeal Juice Oranges Hard boiled eggs Bacon English/toast	Boiled dinner Corned beef Baked chicken Potatoes /carrots Cabbage Lemon cake wh/frosting	Hamburgers/cheese burgers Egg salad sandwich Oven fries Pickles & Chips Pistachio pudding
MONDAY	Hot: Oatmeal Juice Strawberries Poached Eggs Home fries Banana muffins	Pepper steak Chicken cordon bleu Mashed potatoes Green beans Summer veggie stir fry Chocolate cream pie	Cold Plate: Turkey/macaroni/ salad/sliced pears/HB egg corn chowder w/peanut butter sandwich Fruit cocktail Chewy spice bars
TUESDAY	Hot: Oatmeal Juice Peaches Fried eggs sand Ham Eng/toast	Florentine roll-up Baked Haddock w/ Crumb Topping Mashed Potato Tossed salad/beets Garlic br/strawberry short	Toasted tune roll/chips/pickle Ham It sand (sub)chips/pickles p Pineapple Chunks Chocolate Pudding Parfaits
WEDNESDAY	Hot: Oatmeal Juice Trop fruit Bacon Bagel & cream cheese Toasted biscuit	BBQ DAY (grill) B-Q Chicken / hamburgers Potato salad Three bean salad Cupcakes	Tomato Soup Monte cristo Sandwich Grilled cheese Sandwich Trop fruit Chocolate chip cookies
THURSDAY	Hot: Oatmeal Juice Grapes Scrambled eggs Coffee cake	B-Q Pork Wild Wings Mashed Potato Taco salad Peas & Onions Turnip Pumpkin Pie	Chicken la king on a biscuit Sliced roast beef (club roll) Chips/pickles/cukes Choc mayo cake Peanut butter frosting
FRIDAY	Hot: Oatmeal Juice Strawberries Omelet Pumpkin Muffins Toast	Baked scallops Mac & cheese Oven Roasted Potatoes Asparagus Squash Orange Cranberry Bread Jell-O cream	Hoagies w/ham/cheese Meat ball sub Vegetables slaw Applesauce Oatmeal cookies w/raisins
SATURDAY	Hot: Oatmeal Juice Pears Pancakes Sausage Eng./toast	Baked Beans & Hotdogs Shephards Pie Coleslaw Brown Bread Butterscotch Layer Bars	Vegetable Soup Chicken Salad on a Crossaint Steak Sub w/ Peppers & Onions Fruited Jello Salad Sour Cream Cookies

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Date: Week 4	BREAKFAST	LUNCH	DINNER
SUNDAY	Hot: Oatmeal Juice: Fruit cocktail Waffles Bacon English muffins	Roast Pork w/ Stuffing & Gravy Shake & Bake Chicken Mashed Potato Broccoli Wax beans Strawberry cake	Meatball sub Grilled Cheese Sandwich Spinach Tortilla Soup Watermelon Chips/pickles/olives Brownies
MONDAY	Hot: Oatmeal Juice: Peaches Cheese omelet Sausage Coffee cake (lemon/blueberry)	Honey/ginger/chicken Baked Ham w/ Pineapple Oven potatoes Squash Peas Cream puff cake	Cold plate: macaroni Salad/Chicken Salad/peach w/Cottage Cheese Sliced Roast Beef Sand Fresh Fruit Cup Soft molasses cookies
TUESDAY	Hot: Oatmeal Juice: Strawberries Scrambled eggs Hash Toast/fried biscuits	Meat Lasagna Baked Haddock w/ Crumb Topping Baked Potato Cauliflower , Green Beans Garlic Bread Rasp Bundt Cake	Beef & Barley Soup B.L.T Sandwich Sliced Turkey Sandwich Peaches Ice Cream Bars
WEDNESDAY	Hot: Oatmeal Juice: Pears English muffin sand Bagel cream cheese Toast	BBQ DAY (grilled) Ranch Bacon Burger Grilled dogs w/rolls Greek Tossed Pasta Fresh Fruit Salad Cowboy cookies	Chef Salad Hot Meatball Sub Orange salad Pickles & Chips Pistachio Layer Bars
THURSDAY	Hot: Oatmeal Juice: Melon (any) Pancakes Bacon	Beef & broccoli stir Fried rice Chicken chow mein Egg roll Vanilla yogurt fresh fruit parfait	Fresh Fruit Plate w/ Cottage Cheese Reuben sand on Rye Cole slaw Fruit Cocktail Chocolate Chip Cookies
FRIDAY	Hot: Oatmeal Juice: Berries Cheese Omelet Hash Browns Toast	Baked stuffed shrimp Meatloaf Scallop potatoes Baby Carrots Brussel Sprouts Cheese cake	Italian Pasta Salad Plate w/rolled ham or turkey Fish Fillet on a bun French Fries Pears Citrus bars
SATURDAY	Hot: Oatmeal Juice: Extra fruit French toast Ham,donut/toast	Beans & Hot dogs Beef Stroganoff w/ Noodles Peas Brown bread Coleslaw, Blonde Brownie	Cup of Vegetable Soup Chicken Fillet Sandwich Cream Cheese & Olive Sandwich, Ice Cream Chips & pickles,trop fruit