

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange Juice Sliced Strawberries Oatmeal Hard Boiled Egg Raisin Toast Brown Sugar ----- Assorted Cold Cereal Peanut Butter Whole Wheat Toast Jelly/Jam Margarine	Cranberry Juice Banana Half Cream of Wheat Poached Egg Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal Creamy Peach Yogurt Fruit Extreme Muffin	Apple Juice Chilled Tropical Fruit Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal Peanut Butter	Orange Juice Mandarin Oranges Oatbran Cereal Hard Boiled Egg Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal Creamy Vanilla Yogurt Lemon Cranberry Muffin	Cranberry Juice Honeydew Melon Oatmeal Poached Egg Raisin Toast Brown Sugar ----- Assorted Cold Cereal Peanut Butter Whole Wheat Toast Jelly/Jam Margarine	Apple Juice Banana Half Cream of Wheat Hard Boiled Egg Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal Creamy Vanilla Yogurt Bran Muffin	Orange Juice Cantaloupe Chunks Cinnamon Oatmeal Scrambled Eggs Bacon Strips Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal Peanut Butter Whole Wheat English Muffin
L U N C H	Glazed Ham Scalloped Potatoes Dilled Peas Whole Wheat Bread Margarine Hot Spiced Apples ----- Crunchy Baked Cod Buttered Corn Brownie	Honey Garlic Chicken Oven-Browned Potatoes Buttered Brussels Sprouts Whole Wheat Bread Margarine Fruit Cocktail ----- Burger Veg Patty Parmesan Diced Squash Lemonicious Bar	Apple Cider Pork Chops Parisienne Potatoes Seasoned Green Beans Whole Wheat Bread Margarine Chilled Apricots ----- Homestyle Turkey Vegetable Stew Sliced Carrots Tea Biscuit Cherry Crisp	Hamburger Steak w/Caramelized Onions Beef Gravy Mashed Potatoes Zesty Balsamic Carrots Whole Wheat Bread Margarine Stewed Rhubarb ----- Chili with Italian Crumbles Grilled Zucchini Corn Muffin Coconut Cream Pie	Baked Salmon Fillet Lemon Wedge Boiled Red Potato Broccoli Florets Whole Wheat Bread Margarine Fresh Watermelon ----- Rosemary Turkey with Gravy Sunrise Vegetables Choco Raspberry Pudding Cake	Montreal Spiced Chicken Roasted Potatoes Green Peas Whole Wheat Bread Margarine Chilled Diced Pears ----- Veal Cutlet Fall Medley Vegetables Date Pudding Cake	Beef Pot Roast Mashed Potatoes Butternut Squash Whole Wheat Bread Margarine Crushed Pineapple ----- Sweet & Sour Pork Vegetable Fried Rice Asian Vegetables Lemon Meringue Pie
D I N N E R	Cream of Tomato & Pepper Soup Unsalted Soda Crackers Chicken Souvlaki Tzatziki Sauce Rice Pilaf Parslied Cauliflower Whole Wheat Bread Margarine Cantaloupe Chunks ----- Grilled Cheese on Wheat Potato Salad Homemade Butter Tart	Split Pea Soup Vegt Unsalted Soda Crackers Beef & Macaroni Casserole New England Vegetables Whole Wheat Bread Margarine Mandarin Oranges ----- Egg Salad Sndw on Wheat Mixed Salad with French Dressing English Toffee Cake	Chicken Vegetable Noodle Soup Unsalted Soda Crackers Battered Haddock Bites Tartar Sauce Ketchup French Fries California Vegetables Whole Wheat Bread Margarine Crushed Pineapple ----- Cottage Cheese & Fruit Plate Carrot Muffin Butterscotch Pudding	Cream of Cauliflower Soup Unsalted Soda Crackers Perogies w/Bacon & Onions Sour Cream Buttered Cabbage Whole Wheat Bread Margarine Blueberries ----- Chicken Salad on WW Bun Greek Salad Frosted Banana Cake	Corn Chowder Unsalted Soda Crackers Pulled Pork on WW Bun Tossed Ranch Salad Fruit Cocktail ----- Vegetable Quiche Italian Mixed Vegetables Whole Wheat Roll Margarine Vanilla Ice Cream	Beef Vegetable Barley Soup Unsalted Soda Crackers Cheese Ravioli w/Alfredo Sauce Green Beans Whole Wheat Bread Margarine Chilled Tropical Fruit ----- Shaved Ham Sndw on WW Dill Pickle Chips Caesar Salad Tapioca Pudding	Fall Harvest Soup Unsalted Soda Crackers Hot Turkey Sndw on WW w/Gravy Grilled Vegetables Sliced Strawberries ----- Tuna Salad Sandwich WW Salad with Raspberry Vinaigrette Tiramisu

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B R E A K F A S T	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
	Fruit Cocktail	Banana Half	Sliced Strawberries	Mandarin Oranges	Chilled Tropical Fruit	Banana Half	Fruit Cocktail
	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Poached Egg	Scrambled Eggs
	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Whole Wheat Toast
	Jelly/Jam	-----	Jelly/Jam	-----	Jelly/Jam	Jelly/Jam	Brown Sugar
	Margarine	Assorted Cold Cereal	Margarine	Assorted Cold Cereal	Margarine	Margarine	Jelly/Jam
	-----	Peanut Butter	-----	Peanut Butter	-----	-----	Margarine
	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	-----
Peanut Butter	Jelly/Jam	Creamy Peach Yogurt	Jelly/Jam	Creamy Strawberry Yogurt	Peanut Butter	Assorted Cold Cereal	
Banana Muffin	Margarine	Apple Spice Muffin	Margarine	Bran Muffin		Peanut Butter	
L U N C H	Lemon Herb Bkd Chicken	BBQ Pork Drummies	Country Style Fried	Braised Beef Stew	Baked Ham in Pineapple	Turkey Meatloaf Hmd	Pork Roast
	Breast w/Onions	Baked Potato	Chicken	Whole Green Beans	Juice	Poultry Gravy	Pork Gravy
	Mashed Potatoes	California Vegetables	Roasted Potatoes	Tea Biscuit	Scalloped Potatoes	Mashed Potatoes	Herbed Potatoes
	Sauteed Spinach	Whole Wheat Bread	Fall Medley Vegetables	Margarine	Cauliflower & Peas	Buttered Corn	Dilled Peas
	Whole Wheat Bread	Margarine	Whole Wheat Bread	Chilled Apricots	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
	Margarine	Chilled Tropical Fruit	Margarine	-----	Margarine	Margarine	Margarine
	Mandarin Oranges	-----	Fresh Watermelon	Turkey Cutlet with Apple	Chilled Diced Pears	Cantaloupe Chunks	Crushed Pineapple
	-----	Sole w/Lemon Pepper	-----	Gravy	-----	-----	-----
	Liver & Onions	Rice Pilaf	Veal Scallopini	Boiled Red Potato	Baked Fish & Dill Sauce	Roasted Vegetable Lasagna	Baked Chicken with
	Beef Gravy	Calico Corn	Zucchini Medley	Diced Squash	Mexican Mixed Vegetables	Caesar Salad	Chalet Sauce
Dill Carrot Coins	Bread Pudding	Apple Crumble Square	Whole Wheat Bread	Triple Chocolate Fudge	Garlic Bread	Orange Glazed Parsnips	
Date Square			Van Caramel Swirl Cake	Cake	Boston Cream Cake	Peach Pie	
D I N N E R	Cream of Tomato Soup	Garden Vegetable Soup	Beef Rice Soup	Homemade Vegetable	Cream of Chicken Soup	Broccoli Cheese Soup	Cream of Mushroom Soup
	Unsalted Soda Crackers	Cabbage Rolls	Egg & Potato Salad Plate	Barley Soup	Unsalted Soda Crackers	Hot Roast Beef on Bun with	Unsalted Soda Crackers
	Grilled Ham & Cheese Sndw	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Macaroni & Cheese	Gravy	Fish 'n Chips
	on WW	Green Peas	-	Chicken Chow Mein	-	Unsalted Soda Crackers	Tartar Sauce
	Red Beet Citrus Salad	Whole Wheat Bread	Whole Wheat Roll	Broccoli Florets	Stewed Tomatoes	Sunrise Vegetables	-
	Chilled Diced Pears	Margarine	Margarine	Mini Spring Roll	Whole Wheat Bread	Sliced Strawberries	Creamy Coleslaw
	-----	Stewed Rhubarb	Crushed Pineapple	Plum Sauce	Blueberries	-----	Whole Wheat Bread
	Garden Chili	-----	-----	Chilled Diced Peaches	-----	Pancake	Margarine
	Broccoli Florets	Turkey Sandwich	Ham Mushroom & Green	-----	Salmon Salad on WW	Sausage Links	Fresh Apple Slices
	Corn Muffin	w/Cranberry Mayo	Pepper Pizza	Veggie Burger on WW Bun	Romaine Sld w/Onions	Syrup	-----
Ice Cream Sandwich	Chopped Salad with	Mixed Green Italian Salad	Greek Salad	Crepe Caramel	Hot Fruit Compote	Broccoli Cheese Frittata	
	Balsamic	French Vanilla Ice Cream	Ketchup		Black Forest Pudding	Sliced Carrots	
	Cherry Cobbler		Mustard			Wheat Roll	
			Lemon Blueberry Tart			Citrus Orange Cake	

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B R E A K F A S T	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Blueberries	Banana Half	Fruit Cocktail	Mandarin Oranges	Mango	Banana Half	Chilled Diced Peaches
	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Cream of Wheat
	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Eggs	Scrambled Eggs
	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Whole Wheat Toast
	Jelly/Jam	Jelly/Jam	-----	Jelly/Jam	Jelly/Jam	Jelly/Jam	Brown Sugar
	Margarine	Margarine	Assorted Cold Cereal	Margarine	Margarine	Margarine	Jelly/Jam
	-----	-----	Peanut Butter	-----	-----	-----	Margarine
	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
Peanut Butter	Creamy Strawberry Yogurt	Jelly/Jam	Creamy Peach Yogurt	Peanut Butter	Peanut Butter	Assorted Cold Cereal	
	Pancake	Margarine	Fruit Extreme Muffin		Blueberry Muffin	Peanut Butter	
	Syrup						
L U N C H	BBQ Farmers Sausage	Teriyaki Pork Loin	Salisbury Steak	Herb Baked Chicken	Baked Cod Fillet	Chicken Cacciatore	Roast Turkey Gravy &
	Mashed Potatoes	Fluffy Rice	Beef Gravy	Chive Whipped Potatoes	Scalloped Potatoes	Rice Pilaf	Cranberry Sauce
	Sauteed Red Peppers, Mushrooms & Onions	Asian Vegetables	Mashed Potatoes	New England Vegetables	Mashed Squash	Green Peas	Mashed Potatoes
	Whole Wheat Bread	Whole Wheat Bread	Seasoned Diced Turnips	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Fall Medley Vegetables
	Margarine	Margarine	Whole Wheat Bread	Margarine	Margarine	Margarine	Whole Wheat Bread
	Fresh Watermelon	Chilled Apricots	Margarine	Blueberries	Sliced Strawberries	Stewed Rhubarb	Margarine
	-----	-----	Chilled Diced Pears	-----	-----	-----	Chilled Tropical Fruit
	Spinach Cannelloni in Marinara Sauce	Herb Baked Fish	-----	Liver & Onions	Sweet & Spiced Ham	Beef Shepherd's Pie	-----
	Sweet Balsamic Brussels Sprouts	Rosemary & Garlic Roasted Potato	Turkey a la King	Cauliflower & Red Peppers	Italian Mixed Vegetables	Beef Gravy	Spaghetti & Meat Sauce
	Cherry Tart	Green Peas	Tea Biscuit	Iced Banana Cake	Rice Pudding	Cocktail Vegetables	-
	Apple Crisp	Green & Yellow Beans			Caramel Cheesecake	Broccoli Florets	
		Toffee Pudding Cake				Garlic Bread	
						Pumpkin Pie	
D I N N E R	Italian Wedding Soup	Creamy Vegetable Soup	Potato & Leek Soup	Cream of Tomato Soup	Minestrone Soup	Cream of Celery Soup	Homemade Vegetable
	Unsalted Soda Crackers	Chicken Burger w/ Lettuce & Tomato	Unsalted Soda Crackers	Grilled Cheese on Wheat	Unsalted Soda Crackers	Unsalted Soda Crackers	Barley Soup
	Chili Con Carne	Unsalted Soda Crackers	Pepperoni Mushroom &	Unsalted Soda Crackers	Meatballs & Mushroom Sc	Vegetable Quiche	Unsalted Soda Crackers
	Winter Vegetables	Ketchup	Green Pepper Pizza	Tossed Salad & Italian	Fluffy Rice	Harvard Beets	Mini Submarine Sandwich
	Toast Points	Mayonnaise	Creamy Cucumber &	Dressing	Savory Seasoned Carrots	Whole Wheat Bread	Rainbow Coleslaw
	Margarine	Vinaigrette Coleslaw	Onions	Chilled Tropical Fruit	Honeydew Melon	Margarine	Chilled Diced Pears
	Mandarin Oranges	Crushed Pineapple	Chilled Diced Peaches	-----	-----	Fruit Cocktail	-----
	-----	-----	-----	Honey Garlic Pork Bites	Turkey & Potato Salad	-----	Teriyaki Salmon
	Tuna Salad Sandwich WW	Spanish Omelet	Baked Beans	Honey Garlic Sauce	Plate	Hot Dog on Wheat Bun	Fluffy Rice
	Carrot Raisin Salad	Diced Hashbrown	Broccoli Florets	Vegetable Fried Rice	Whole Wheat Roll	Caesar Salad	Sunrise Vegetables
Frosted Mocha Cake	Sunrise Vegetables	Wheat Roll	Buttered Corn	Margarine	Ketchup	Whole Wheat Bread	
	Whole Wheat Bread	Margarine	Whole Wheat Bread	Lemon Pound Cake w/ Topping	Mustard	Lemon Chiffon	
	Margarine	Oreo & Vanilla Pudding	Margarine		Cherry Poke Cake		
	Strawberry Mousse	Dessert	Chocolate Ice Cream				