

## Week 1 – Monday

### ***BREAKFAST***

Banana  
Oatmeal  
Poached egg  
Whole Wheat Toast

***Or***

Cold Cereal  
Peanut Butter

### **LUNCH**

Borscht Soup  
Macaroni & Cheese  
Chilled Apple Slices

***Or***

Sliced Beef Sandwich  
Creamy Coleslaw  
Chocolate Mousse

### **SUPPER**

Country Style Fried Chicken  
Potato Salad  
Dilled Peas  
Rice Krispie Square

***Or***

Mediterranean Glazed Haddock  
Chilled Apricots

## Week 1 – Tuesday

### **BREAKFAST**

Fresh Fruit Salad  
Cream of Wheat  
Cottage Cheese  
Bran Muffin

***OR***

Whole Wheat Toast  
Cold Cereal  
Peanut Butter

### **LUNCH**

Cream of Broccoli Soup  
Hot Dog on a Bun  
French Fries  
Chilled Diced Pears

***OR***

Three Cheese Omelet  
Whole Wheat Bread  
Beet & Onion Salad  
Peach Cobbler

### **SUPPER**

Spaghetti and Meatballs  
Sautéed Zucchini  
Cherry Jello with whipping cream

***OR***

Ham Salad Sandwich  
Vanilla Ice Cream Cup

## Week 1 – Wednesday

### **BREAKFAST**

Banana  
Cinnamon Oatmeal  
Scrambled Eggs  
Whole Wheat Toast

**OR**

Cold Cereal  
Peanut Butter

### **LUNCH**

Country Bean & Vegetable Soup  
Battered Haddock Bites  
Oven Baked Tator Tots  
California Vegetables  
Frosted Chocolate Cake

**OR**

Chicken Caesar Salad  
Crushed Pineapple

### **SUPPER**

BBQ Beef Ribette  
Seasoned Green Beans  
Mashed Potatoes/Gravy  
Chilled Apricots

**OR**

Homestyle Turkey Vegetable Stew  
Bannock  
Cherry Crisp

## **Week 1 – Thursday**

### **BREAKFAST**

Banana  
Oatbran Cereal  
Hard Boiled Egg  
Whole Wheat Toast

***OR***

Cold Cereal  
Peanut Butter

### **LUNCH**

Tomato Juice  
Chili Con Carne  
Whole Wheat Bread  
Pick of the Day Vegetables  
Blueberries

***OR***

Chicken Salad Sandwich  
Creamy Caramel Custard

### **SUPPER**

Hamburger Steak/Caramelized Onions  
Beef Gravy  
Mashed Potatoes  
Steamed Green Peas  
Stewed Rhubarb

***OR***

Broccoli Cheddar Quiche  
Coconut Cream Pudding

## Week 1 – Friday

### **BREAKFAST**

Fresh Fruit Salad  
Oatmeal  
Cheddar Cheese  
Raisin Toast

***OR***

Assorted Cold Cereal  
Peanut Butter

### **LUNCH**

Corn Chowder Soup  
Captain Burger  
Creamy Coleslaw  
Peach Frozen Yogurt

***OR***

Spinach Cheese Salad  
Fruit Cocktail

### **SUPPER**

BBQ Pork Chops  
Steamed Red Potato  
Sunrise Vegetable  
Whole Wheat Bread  
Vanilla Caramel Swirl Cake

***OR***

Chicken Pot Pie  
Diced Peaches

## Week 1 – Saturday

### **BREAKFAST**

Banana  
Cream of Wheat  
Pancakes  
Sausage Links

**OR**

Assorted Cold Cereal  
Whole Wheat Toast  
Peanut Butter

### **LUNCH**

Chicken Noodle Soup  
Cabbage Roll Casserole  
Green Beans  
Chilled Tropical Fruit

**OR**

Egg Salad Sandwich  
Dill pickle side  
Tapioca Pudding

### **SUPPER**

Honey Garlic Chicken  
Vegetable Fried Rice  
Asian Vegetables  
Chilled Diced Pears

**OR**

Veal Cutlet  
Vanilla Ice Cream Cup

## Week 1 – Sunday

### **BREAKFAST**

Fresh Fruit Salad  
Cinnamon Oatmeal  
Fried Egg  
Bacon  
Whole Wheat Toast

***OR***

Assorted Cold Cereal  
Peanut butter

### **LUNCH**

Fall Harvest Soup  
Cottage Cheese Fruit Plate  
Lemon Pear Jello

***OR***

Tuna Salad Sandwich on Whole Wheat  
Vanilla Pudding

### **SUPPER**

Roast Beef/Gravy  
Creamy Mashed Potatoes  
Butternut Squash  
Crushed Pineapple

***OR***

Cheese Ravioli/Alfredo Sauce  
Lemon Meringue Pie