

## Week 2 – Monday

### ***BREAKFAST***

Fruit Cocktail

Oatbran

Poached egg

English Muffin

***Or***

Whole Wheat Toast

Cold Cereal

Peanut Butter

### **LUNCH**

Tomato Soup

Grilled Ham & Cheese

Red Beet Citrus Salad

Chilled Diced Pears

***Or***

Weiners and Beans

Corn Muffin

Ice Cream Sandwich

### **SUPPER**

Sweet & Sour Pork

Parslied Rice

Peas & Carrots

Mandarin Oranges

***Or***

Steak & Mushroom Pie/Gravy

Pineapple Upside Down Cake

## Week 2 – Tuesday

### **BREAKFAST**

Banana  
Oatmeal  
Hard Boiled Egg  
Whole Wheat Toast

***OR***

Cold Cereal  
Peanut Butter

### **LUNCH**

Garden Vegetable Soup  
Cheeseburger on a Wheat Bun  
French Fries  
Chopped Salad w Balsamic  
Stewed Rhubarb

***OR***

Turkey Sandwich w Cranberry Mayo  
Cherry Tart

### **SUPPER**

Swedish Meatballs  
Buttered Egg Noodles  
California Vegetables  
Chilled Tropical Fruit

***OR***

Lemon Pepper Sole  
Vanilla Pudding

## Week 2 – Wednesday

### **BREAKFAST**

Fresh Fruit Salad  
Cream of Wheat  
Scrambled Eggs  
Whole Wheat Toast

**OR**

Cold Cereal  
Peanut Butter

### **LUNCH**

Creamy Potato Soup  
Beef Taco Salad  
Ambrosia

**OR**

Egg Salad Sandwich  
Chilled Apricots

### **SUPPER**

Chicken Fingers/Plum Sauce  
Roasted Potatoes  
Fall Medley Vegetables  
Apple Crisp

**OR**

Salmon Salad Sandwich  
Mixed Berries

## Week 2 – Thursday

### **BREAKFAST**

Banana  
Cinnamon Oatmeal  
Cheddar Cheese Slice  
Raisin Toast

**OR**

Cold Cereal  
Peanut Butter

### **LUNCH**

Tomato Juice  
Pepperoni Pizza  
Caesar Salad  
Chocolate Ice Cream

**OR**

Turkey Deli Macaroni Plate  
Whole Wheat Bread  
Chilled Diced Pears

### **SUPPER**

Beef Vegetable Stew  
Green Beans  
Tea Biscuit  
Vanilla Caramel Swirl Cake

**OR**

Turkey Schnitzel  
Mashed Potatoes  
Whole Wheat Bread  
Chilled Fruit Cocktail

## Week 2 – Friday

### **BREAKFAST**

Fresh Fruit Salad  
Oatbran  
Cottage cheese bowl  
Bran Muffin

***OR***

Whole Wheat Toast  
Assorted Cold Cereal  
Peanut Butter

### **LUNCH**

Homemade Vegetable Barley Soup  
Perogies/bacon/onions  
Buttered Brussels Sprouts  
Blueberries

***OR***

Chicken Salad Sandwich  
Crème Caramel

### **SUPPER**

Baked Ham in Pineapple Juice  
Scalloped Potato  
Steamed Broccoli & Cauliflower  
Whole Wheat Bread  
Chilled Diced Pears

***OR***

Baked Fish & Dill Sauce  
Chocolate Fudge Cake

## Week 2 – Saturday

### **BREAKFAST**

Banana  
Oatmeal  
Western Omelette  
Whole Wheat Toast

**OR**

Assorted Cold Cereal  
Peanut Butter

### **LUNCH**

Golden Lentil Soup  
Pancakes/Syrup  
Sausage Links  
Hot Fruit Compote  
Cantaloupe Chunks

**OR**

Roast Beef Sandwich  
Lemon Jello

### **SUPPER**

Meatloaf/ gravy  
Mashed Potatoes  
Dice Carrots  
Black Forest Pudding

**OR**

Pasta Primavera  
Garlic Bread  
Mandarin Oranges

## Week 2 – Sunday

### **BREAKFAST**

Fruit Cocktail  
Cream of Wheat  
Fried Egg  
Bacon  
Whole Wheat Toast

***OR***

Assorted Cold Cereal  
Peanut butter

### **LUNCH**

Cream of Mushroom Soup  
Fish 'n Chips  
Creamy Coleslaw  
Fresh Apple Slices

***OR***

Bologna Sandwich  
Frosted Vanilla Cake

### **SUPPER**

Roast Pork/Gravy  
Herbed Potatoes  
Mashed Turnips  
Crushed Pineapple

***OR***

BBQ Sauce Glazed Chicken Thigh  
Peach Pie