

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
BREAKFAST	Fruit Cocktail	Banana Half	Sliced Strawberries	Mandarin Oranges	Chilled Tropical Fruit	Banana Half	Fruit Cocktail	
	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Fried Egg	Scrambled Eggs	
	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips	
	-----	-----	-----	-----	-----	-----	Whole Wheat Toast	
	Peanut Butter Banana Muffin	Peanut Butter Whole Wheat Toast	Creamy Peach Yogurt Apple Spice Muffin	Peanut Butter Whole Wheat Toast	Creamy Strawberry Yogurt Bran Muffin	Peanut Butter	----- Peanut Butter	
LUNCH	Grilled Ham & Cheese Sndw on WW	Cabbage Rolls Green Peas	Egg & Potato Salad Plate	Macaroni & Cheese Stewed Tomatoes	Chicken Chow Mein -	Hot Roast Beef on Bun with Gravy	Fish 'n Chips Tartar Sauce	
	Red Beet Citrus Salad	Whole Wheat Bread Stewed Rhubarb	-	Whole Wheat Bread Chilled Diced	Broccoli Florets Mini Spring Roll	Sunrise Vegetables Sliced Strawberries	- Creamy Coleslaw	
	Chilled Diced Pears -----	----- Turkey Sandwich	Crushed Pineapple -----	Peaches -----	Blueberries -----	----- Pancake	Whole Wheat Bread Fresh Apple Slices	
	Garden Chili Broccoli Florets	w/Cranberry Mayo Chopped Salad with	Ham Mushroom & Green Pepper Pizza	Salmon Salad on WW	Veggie Burger on WW Bun	Sausage Links Syrup	----- Broccoli Cheese	
	Corn Muffin Ice Cream Sandwich	Balsamic Cherry Cobbler	Mixed Green Italian Salad French Vanilla Ice Cream	Romaine Sld w/Onions Lemon Blueberry Tart	Ketchup Mustard Greek Salad Creme Caramel	Hot Fruit Compote Black Forest Pudding	Frittata Sliced Carrots Wheat Roll Citrus Orange Cake	
	DINNER	Lemon Herb Bkd Chicken Breast w/Onions	BBQ Pork Drummies Baked Potato	Country Style Fried Chicken	Braised Beef Stew Whole Green Beans	Baked Ham in Pineapple Juice	Turkey Meatloaf Hmd Mashed Potatoes	Pork Roast Herbed Potatoes
		Mashed Potatoes Sauteed Spinach	California Vegetables Whole Wheat Bread	Roasted Potatoes Fall Medley	Tea Biscuit Chilled Apricots	Scalloped Potatoes Cauliflower & Peas	Buttered Corn Whole Wheat Bread	Dilled Peas Whole Wheat Bread
		Whole Wheat Bread Mandarin Oranges -----	Chilled Tropical Fruit ----- Sole w/Lemon Pepper	Vegetables Whole Wheat Bread Mango -----	----- Turkey Cutlet with Apple Gravy	Whole Wheat Bread Chilled Diced Pears -----	Cantaloupe Chunks ----- Roasted Vegetable	Crushed Pineapple ----- Baked Chicken with Chalet Sauce
		Liver & Onions Dill Carrot Coins Date Square	Rice Pilaf Calico Corn Bread Pudding	Veal Scallopini Zucchini Medley Apple Crumble Square	Boiled Red Potato Diced Squash Whole Wheat Bread Van Caramel Swirl Cake	Baked Fish & Dill Sauce Mexican Mixed Vegetables Triple Chocolate Fudge Cake	Lasagna Caesar Salad Garlic Bread Boston Cream Cake	Orange Glazed Parsnips Peach Pie

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Blueberries	Banana Half	Fruit Cocktail	Mandarin Oranges	Mango	Banana Half	Chilled Diced
	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Fried Egg	Peaches
	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
	-----	-----	-----	-----	-----	-----	Bacon Strips
	Peanut Butter	Creamy Strawberry Yogurt Pancake	Peanut Butter Whole Wheat Toast	Creamy Peach Yogurt Fruit Extreme Muffin	Peanut Butter	Peanut Butter	Whole Wheat Toast
LUNCH	Chili Con Carne	Chicken Burger w/ Lettuce & Tomato	Pizza of Choice	Grilled Cheese on Wheat	Meatballs & Mushroom Sc	Vegetable Quiche	Mini Submarine
	Winter Vegetables	Ketchup	Creamy Cucumber & Onions	Tossed Salad & Italian Dressing	Fluffy Rice	Harvard Beets	Sandwich
	Toast Points	Mayonnaise	Chilled Diced	Chilled Tropical Fruit	Savory Seasoned Carrots	Whole Wheat Bread	Rainbow Coleslaw
	Mandarin Oranges	Vinaigrette Coleslaw	Peaches	-----	Honeydew Melon	Fruit Cocktail	Chilled Diced Pears
	-----	Crushed Pineapple	-----	-----	-----	-----	-----
	Tuna Salad	Spanish Omelet	Baked Beans	Honey Garlic Pork	Turkey & Potato	Hot Dog on Wheat Bun	Teriyaki Salmon
	Sandwich WW	Diced Hashbrown	Broccoli Florets	Bites	Salad Plate	Caesar Salad	Fluffy Rice
Carrot Raisin Salad	Sunrise Vegetables	Wheat Roll	Honey Garlic Sauce	Whole Wheat Roll	Cherry Poke Cake	Sunrise Vegetables	
Frosted Mocha Cake	Whole Wheat Bread Oreo & Vanilla Pudding Dessert	Strawberry Mousse	Vegetable Fried Rice Buttered Corn Whole Wheat Bread Chocolate Ice Cream	Lemon Pound Cake w/ Topping		Whole Wheat Bread Lemon Chiffon	
DINNER	BBQ Farmers	Teriyaki Pork Loin	Salisbury Steak	Herb Baked Chicken	Baked Cod Fillet	Chicken Cacciatore	Roast Turkey Gravy
	Sausage	Fluffy Rice	Mashed Potatoes	Chive Whipped	Scalloped Potatoes	Rice Pilaf	& Cranberry Sauce
	Mashed Potatoes	Oriental Vegetables	Seasoned Diced	Potatoes	Mashed Squash	Green Peas	Mashed Potatoes
	Sauteed Red	Whole Wheat Bread	Turnips	New England	Whole Wheat Bread	Whole Wheat Bread	Fall Medley
	Peppers, Mushrooms & Onions	Chilled Apricots	Whole Wheat Bread	Vegetables	Sliced Strawberries	Stewed Rhubarb	Vegetables
	-----	-----	Chilled Diced Pears	Whole Wheat Bread	-----	-----	Whole Wheat Bread
	Whole Wheat Bread	Herb Baked Fish	-----	Blueberries	Sweet & Spiced Ham	Beef Shepherd's Pie	Chilled Tropical Fruit
	Mango	Rosemary & Garlic	Turkey a la King	-----	Italian Mixed	Cocktail Vegetables	-----
	-----	Roasted Potato	Tea Biscuit	Penne Eggplant	Vegetables	Caramel Cheesecake	Spaghetti & Meat
	Spinach Cannelloni in Marinara Sauce	Green Peas	Green & Yellow	Parmesan	Rice Pudding		Sauce
Sweet Balsamic	Apple Crisp	Beans	Cauliflower & Red			-	
Brussels Sprouts		Toffee Pudding Cake	Peppers			Broccoli Florets	
Cherry Tart			Iced Banana Cake			Garlic Bread Pumpkin Pie	