

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
	Stewed Prunes	Banana Half	Mandarin Oranges	Fruit Cocktail	Honeydew Melon	Banana Half	Cantaloupe Chunks
	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal
	Hard Boiled Eggs	Poached Eggs	Scrambled Eggs	Hard Boiled Eggs	Poached Eggs	Hard Boiled Eggs	Fried Eggs
	Raisin Toast	Fruit Extreme Muffin	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	LS Bacon
	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Whole Wheat Toast
	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk
	-----	-----	-----	-----	-----	-----	Coffee or Tea
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
	Peanut Butter	Vanilla Yogurt	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Assorted Cold Cereal
	Whole Wheat Toast	Whole Wheat Toast	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Peanut Butter
	Brown Sugar	Brown Sugar	Margarine	Margarine	Margarine	Margarine	Brown Sugar
	Margarine	Margarine	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam	Margarine
	Jelly/Jam	Jelly/Jam					Jelly/Jam
L U N C H	Potato Dill Soup	Vegetable Soup	Cream of Tomato Soup	Homemade Vegetable	Leek Soup	Butternut Squash Soup	Chicken Noodle Soup
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Barley Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
	Chicken Burger w/ Lettuce & Tomato	Beef Lasagna	Breaded Sole	Unsalted Soda Crackers	Rib-o-Pork on Bun	Quiche Lorraine	Country Sausage
	Romaine Sld w/Tomato & Onion	Italian Mix Vegetables	Dollar Chips	Turkey w/Lettuce on Whole Wheat	Mixed Green Salad	Broccoli Florets	Pancakes
	Mustard	Garlic Bread	Prince Edward Vegetables	Spinach Salad w/Cran	Chilled Tropical Fruit	Buttered WW Bread	Stewed Strawberries & Rhubarb
	Ketchup	Chilled Apple Slices	Rainbow Sherbet	Drng	2% Milk	Lemon Tart	Syrup
	Strawberry Vanilla Frozen Yogurt Bar	2% Milk	2% Milk	Chilled Peach Slices	-----	2% Milk	Chilled Diced Pears
	2% Milk	Coffee or Tea	Coffee or Tea	2% Milk	Macaroni & Cheese	-----	2% Milk
	Coffee or Tea	-----	-----	Coffee or Tea	Stewed Tomatoes	Mini Submarine Sandwich	Coffee or Tea
	-----	Egg Salad on Croissant	Pastrami on Wheat	-----	Mocha Pudding	Caesar Salad	-----
	Breakfast Sausage	Carrot Raisin Salad	Vinegar Coleslaw	Weiners & Beans		Mandarin Oranges	Tuna & Potato Salad Plate
	Potato & Cheese Perogies	Raspberry Gelatin	Chilled Apricots	Cauliflower			Wheat Roll
	Peppers & Onions			Cornbread			Salty Caramel Ice Cream on Stick
	Fresh Watermelon			Rice Krispy Square			
D I N N E R	Sweet & Spiced Ham	Rosemary Turkey with Gravy	BBQ Chicken	Tender Philly Steak	Baked Fish & Dill Sauce	Beef & Cabbage Casserole	Pork Tenderloin
	Roasted Potatoes		Oven-Browned Potatoes	Beef Gravy	Green Peas	Sunrise Vegetables	Demi-Glace Sauce
	Buttered Corn	Mashed Potatoes	Parslied Parsnips	Baked Potato	Whole Wheat Bread	Tripleberry Crumble Bar	Whipped Potatoes
	Brownie	Butternut Squash	Buttertart Square	Pick of the Day Vegetable	Neapolitan Ice Cream	2% Milk	California Vegetables
	2% Milk	Lemon Pudding Cake	2% Milk	Blend	2% Milk	Coffee or Tea	Peach Pie
	Coffee or Tea	2% Milk	Coffee or Tea	Tangerine Mousse	Coffee or Tea	-----	2% Milk
	-----	Coffee or Tea	-----	2% Milk	-----	Turkey Schnitzel	Coffee or Tea
	Seared Tilapia w/Mango Salsa	-----	Veal with Mushroom Sauce	Coffee or Tea	Greek Style Chicken Breast	Turkey Gravy	-----
	Broccoli Florets	Sweet & Sour Pork	Buttered Egg Noodles	-----	Mashed Potatoes	Roasted Potatoes	Meatloaf
	Whole Wheat Bread	Fluffy Rice	Peas & Pearl Onions	Lamb Curry	Sauteed Pepper Onion & Mushrooms	Seasoned Diced Turnips	Beef Gravy
	Sliced Pears	Oriental Vegetables	Blueberries	Fluffy Rice	Hot Spiced Apples	Fresh Grapes	Wax Beans w/Tarragon
		Cantaloupe Chunks		Broccoli Florets			Whole Wheat Bread
				Pineapple Tidbits			Mango

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Stewed Prunes	Banana Half	Cantaloupe Chunks	Papaya	Banana Half	Fresh Apple Slices
	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
	Poached Eggs	Hard Boiled Eggs	Scrambled Eggs	Poached Eggs	Hard Boiled Eggs	Poached Eggs	Fried Eggs
	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Apple Spice Muffin	LS Bacon
	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Whole Wheat Toast
	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk
	-----	-----	-----	-----	-----	-----	Coffee or Tea
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Vanilla Yogurt	Assorted Cold Cereal
	Brown Sugar	Margarine	Margarine	Whole Wheat Toast	Margarine	Whole Wheat Toast	Peanut Butter
	Margarine	Brown Sugar	Brown Sugar	Margarine	Brown Sugar	Margarine	Margarine
	Jelly/Jam	Jelly/Jam	Jelly/Jam	Brown Sugar	Jelly/Jam	Brown Sugar	Brown Sugar
			Jelly/Jam		Jelly/Jam	Jelly/Jam	
L U N C H	Split Pea Soup	Cauliflower & Swt Potato Soup	Herbed Lentil and Barley Soup	Cream of Mushroom Soup	Chicken Gumbo	Vegetable Florentine Soup	Unsalted Soda Crackers
	Unsalted Soda Crackers			Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Corn Chowder
	Four Cheese Pasta Casserole	Unsalted Soda Crackers	Unsalted Soda Crackers	Cottage Cheese & Fruit Plate	Pepperoni Pizza	Hot Dog on Wheat Bun	BBQ Chicken Caesar Salad
	Seasoned Spinach	Captain Burger	Chicken Strips	Fruit Extreme Muffin	Spring Salad/Dressing	Greek Salad	Wheat Roll
	Toasted Garlic Bread	Tossed Salad w/Dressing	Plum Sauce	Bread Pudding	Jellied Jewels	Chilled Diced Peaches	Fresh Watermelon
	Orange Sections	Sliced Pears	Home Fries	2% Milk	2% Milk	2% Milk	2% Milk
	2% Milk	2% Milk	Rainbow Coleslaw	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
	Coffee or Tea	Coffee or Tea	Pineapple Tidbits	-----	-----	-----	Coffee or Tea
	-----	-----	2% Milk				-----
	Sliced Ham on Rye	Turkey Pot Pie	Coffee or Tea	Western Omelet	Tuna Salad Sndw on WW	Garden Chili	Cheese Quiche
	Tomato & Cucumber Salad	Turkey Gravy	-----	Glazed Carrots	Marinated Cucumbers	Corn Muffin	Green Peas
	Vanilla Bean Dream Cake	Green Peas	Deli & Pasta Salad Plate	Garlic Toast	Mandarin Oranges	Cauliflower	Whole Wheat Bread
		Whole Wheat Bread	Wheat Roll	Fruit Cocktail		Pound Cake	Orange Chocolate Dipped Sorbet Bar
	Ice Cream Sandwich	Caramel Pudding					
D I N N E R	Country Style Fried Chicken	BBQ Pork Chops	Swiss Steak	Slow Cooked Butter Chicken	Fish Tilapia Hollandaise Sce	Turkey Pot Roast	Roast Beef
	Oven-Browned Potatoes	Garlic Mashed Potatoes	Baked Potato	Basmati Rice	Roasted Potatoes	Mashed Potatoes	Beef Gravy
	Cocktail Vegetables	Buttered Corn	Broccoli Florets	Green Beans	Buttered Red Cabbage	Harvard Beets	Roasted Potatoes
	Chocolate Mousse	Iced Banana Cake	Blueberry Crisp	Cherry Cheesecake	Cinnamon Apple Cream Tart	Raspberry Jelly Roll	Whole Mixed Beans
	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Chocolate Cream Pie
	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Slice
	-----	-----	-----	-----	-----	-----	2% Milk
	Salisbury Steak	Veal Parmesan	Sole w/Lemon Pepper	Pork Roast	Oriental Beef	Veal Pizzaolio	Coffee or Tea
	Beef Gravy	Seasoned Egg Noodles	Scandinavian Vegetables	Pork Gravy	Chow Mein Noodles	Italian Mix Vegetables	-----
	Butternut Squash	Buttered Brussels Sprouts	Whole Wheat Bread	Paprika Potatoes	Thai Stir Fry Vegetables	Whole Wheat Bread	Pork Schnitzel
	Whole Wheat Bread	Chilled Diced Peaches	Mango	Seasoned Mashed Turnips	Blueberries	Fresh Grapes	Fluffy Rice
	Honeydew Melon			Chilled Apricots			Asparagus Spears
							Strawberries

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Banana Half	Honeydew Melon	Chilled Diced Pears	Stewed Prunes	Chilled Apricots	Banana Half	Chilled Peach Slices
	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatmeal	Cream of Wheat
	Oatmeal	Scrambled Eggs	Poached Eggs	Hard Boiled Eggs	Scrambled Eggs	Poached Eggs	Fried Eggs
	Hard Boiled Eggs	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	LS Bacon
	Whole Wheat Toast	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Whole Wheat Toast
	2% Milk	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk
	Coffee or Tea	-----	-----	-----	-----	-----	Coffee or Tea
	-----	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
	Assorted Cold Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Assorted Cold Cereal
	Peanut Butter	Margarine	Whole Wheat Toast	Margarine	Margarine	Margarine	Peanut Butter
	Margarine	Brown Sugar	Margarine	Brown Sugar	Brown Sugar	Brown Sugar	Margarine
	Brown Sugar	Jelly/Jam	Brown Sugar	Jelly/Jam	Jelly/Jam	Jelly/Jam	Brown Sugar
Jelly/Jam		Jelly/Jam				Jelly/Jam	
LUNCH	Barley Beef Soup	Cream of Tomato Soup	French Pea Soup	Cream of Broccoli Soup	Minestrone Soup	Cream of Vegetable	Unsalted Soda Crackers
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Chowder	Cream of Chicken Soup
	Cheese Ravioli in Rose Sauce	Grilled Cheese on Wheat	Hamburger on Wheat Bun	Shredded Chicken on WW Bun	Pork Tourtiere Pie	Unsalted Soda Crackers	Fish Cakes
	Zucchini Medley	Marinated Vegetables	Greek Salad	Mixed Green Sld w/Italian Drsng	Broccoli Florets	Ham & Swiss on Kaiser	Sweet Potato Fries
	Garlic Toast	Chilled Peach Slices	Ketchup	Fresh Watermelon	Fruit Cocktail	Marinated Cucumbers	Rainbow Coleslaw
	Cantaloupe Chunks	2% Milk	Mustard	2% Milk	2% Milk	Crushed Pineapple	Tartar Sauce
	2% Milk	Coffee or Tea	Chilled Apple Slices	Coffee or Tea	Coffee or Tea	2% Milk	Mandarin Oranges
	Coffee or Tea	-----	2% Milk	-----	-----	Coffee or Tea	2% Milk
	-----	Deviled Eggs	Coffee or Tea	-----	Vanilla Greek Yogurt	-----	Coffee or Tea
	Sliced Turkey on Rye	Macaroni Salad	-----	Vegetable Quiche	French Toast	Baked Beans Vegetarian	-----
	Tossed Salad w/Dressing	Diced Beets	Cottage Cheese & Fruit	Herbed Green Beans	Syrup	Asparagus Spears	Turkey Deli Macaroni Plate
	Lemon Buttermilk Cake	Chocolate Ice Cream	Cranberry Orange Muffin	Whole Wheat Bread	Warm Fruit Compote	Cheddar Chive & Garlic Biscuit	Wheat Roll
			Tiramisu Mousse	Cherry Gelatin	Citrus Cake	Creme Brulee	Tapioca Pudding
DINNER	Baked Pollock	Baked Chicken Thigh	Lemon Pork Loin	Beef Shepherd's Pie	Maple Glazed Salmon Loin	Herb Baked Chicken Legs	Spaghetti & Meat Sauce
	Lemon Wedge	Chicken Gravy	Roasted Potatoes	Beef Gravy	Lemon Potatoes	Chalet Dipping Sauce	Cauliflower
	Buttered Brussels Sprouts	Mashed Potatoes	Sliced Carrots	California Vegetables	Pick of the Day Vegetable Blend	Mashed Potatoes	Boston Cream Pie
	Apple Crisp	Scandinavian Vegetables	Banana Cream Pie Slice	Chocolate Lemon Mousse	Vanilla Truffle Ice Cream	Sunrise Vegetables	2% Milk
	2% Milk	Van Caramel Swirl Cake	2% Milk	Cake	2% Milk	Date Pudding Cake	Coffee or Tea
	Coffee or Tea	2% Milk	Coffee or Tea	2% Milk	Coffee or Tea	2% Milk	-----
	-----	Coffee or Tea	-----	Coffee or Tea	-----	Coffee or Tea	Pork Roast
	Hawaiian Ham	-----	Mediterranean Glazed Haddock	-----	-----	-----	Pork Gravy
	Scalloped Potatoes	Beef Burgundy	BBQ Sausage	BBQ Sausage	Turkey Meatballs	Liver & Onions	Parslied Potatoes
	Buttered Corn	Parslied Parsnips	Au Gratin Potatoes	Au Gratin Potatoes	Creole Sauce	Peppers & Mushrooms	Wax Beans
	Whole Wheat Bread	Whole Wheat Bread	Diced Squash	Diced Squash	Fluffy Rice	Whole Wheat Bread	Deluxe Fruit Salad
	Mandarin Oranges	Apricot Halves	Whole Wheat Bread	Orange Sections	Green Peas	Margarine	
			Strawberries		Fresh Grapes	Honeydew Melon	