

**Week 1****Sunday****Breakfast**

Fruit Juice  
Hot or Cold Cereal  
Scrambled or Boiled Eggs  
Bacon  
Toast

**Lunch #1**

Vegetable Soup  
Battered Fish  
French fries  
Corn  
Raspberries

**Lunch #2**

Vegetable soup  
Ham salad sandwich  
Garden salad

Vanilla Pudding

**Supper #1**

Roastbeef with Gravy  
Squash  
Garlic Mashed Potato  
Apple Pie

**Supper #2**

Alfredo Pasta  
Garden Salad  
Dinner roll  
Tropical Fruit

**Week 2****Monday**

Fruit Juice  
Hot or Cold Cereal  
Scrambled or Boiled Eggs  
Bran Muffin  
Toast

Cream of Broccoli  
Onion & Cheese Quiche  
Parsely Cauliflower  
Mashed Potato  
Papaya

Cream of Broccoli  
Corned beef sandwich  
Garden salad

Date Square

Liver and Onions  
Wax Beans  
Roast Potato  
Brownie

Chicken Burger  
Garden Salad  
Dinner Roll  
Apple Sauce

**Tuesday**

Fruit Juice  
Hot or Cold Cereal  
Scrambled or Boiled Eggs  
Sausage  
Toast

Beef & Rice Soup  
Mac & Cheese  
Stewed tomatos  
Mashed Potato  
Pears

Cream of Tomato  
Salmon Salad Sandwich  
Garden Salad

Chocolate chip Cookies

Baked Pollock  
Mixed Vegetables  
Mashed Potato  
Carrot cake

BBQ Pork Riblet  
Garden Salad  
Rice  
Mandarin Oranges

**Wed**

Fruit Juice  
Hot or Cold Cereal  
Scrambled or Boiled Eggs  
Banana Muffin  
Toast

Minestrone Soup  
Cheeseburg Sliders  
Seasoned Green Beans  
Mashed Potato  
Ice Cream

Minestrone Soup  
Ham and Swiss Sandwich  
Garden Salad

Banana

Swedish Meatballs  
Baby Carrots  
Egg Noodles  
Apple Crisp

Rice Spinach Casserole  
Garden Salad  
Dinner Roll  
Apricots

**Thurs**

Fruit Juice  
Hot or Cold Cereal  
Scrambled or Fried Eggs  
Toast

Chicken Noodle Soup  
Beans and Wieners  
Beets  
Mashed Potato  
Angel Cake

Chicken Noodle Soup  
Roastbeef Sandwich  
Garden Salad

Jello

Chicken Drumsticks  
Turnip  
Sweet Mash Potato  
Banana Cake

Salisbury Steak  
Garden Salad  
Dinner Roll  
Peaches

**Friday**

Fruit Juice  
Hot or Cold Cereal  
Waffels or Scrambled Eggs  
Sausage  
Toast

Vegetable Rice Soup  
Cheese ravioli  
Garlic Bread  
Peas and Carrots  
Danish

Vegetable Rice Soup  
Egg Salad Sandwich  
Garden salad  
Mashed Potato  
Pineapple

Herbed Fish Filet  
Mixed Vegetables  
Mash Potato  
Maple Mania Cake

Pork & Vegetable Stew  
Garden Salad  
Dinner Roll  
Mango

**Saturday**

Fruit Juice  
Hot or Cold Cereal  
Scrambled or Boiled Eggs  
Toast

Navy Bean Soup  
Basil Chicken Stew  
Asparagus  
Mashed Potato  
Chocolate Pudding

Navy Bean Soup  
Tuna Salad Sandwich  
Garden Salad

Watermelon

Turkey Schnitzel  
Mixed Vegetables  
Mashed Potato  
Tiramisu Mousse

Mushroom Penne Casse  
Caesar Salad  
Dinner Roll  
Fruit Cocktail

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed</b>	<b>Thurs</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>						
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Fried Eggs	Waffels or Scrambled Eggs	Scrambled or Boiled Eggs
Bacon	Bran Muffin	Sausage	Banana Muffin		Sausage	
Toast	Toast	Toast	Toast	Toast	Toast	Toast
<b>Lunch #1</b>						
Tomato Macaroni Soup	Cream of Mushroom Soup	Chicken Vegetable Soup	Cream of Celery Soup	Beef Noodle Soup	Cream of Potato Soup	Corn Chowder Soup
Buttered Pollock	Beef Chili	Ham & Potato Bake	Weiners & Beans	Cod Nuggets	Vegetable Omelet	Sloppy Joe
Carrots	Corn Muffin	Peas	Parsnips	Mixed Vegetables	Beets	Turnip
Mashed Potato	California Mixed Vegetables	Dinner Roll	Dinner roll	Sweet Potato Fries	Dinner roll	
Butterscotch Pudding	Almond cookie	Orange Cake	Vanilla Ice Cream	Berry Mousse	Banana Pudding	Butter Tart
<b>Lunch #2</b>						
Tomato Macaroni Soup	Cream of Mushroom Soup	Chicken Vegetable Soup	Cream of Celery Soup	Beef Noodle Soup	Cream of Potato Soup	Corn Chowder Soup
Salami Sandwich	Chicken Salad sandwich	Cheese Sandwich	Turkey Sandwich	Peanut Butter & Jam	Ham Salad Sandwich	Egg Salad Sandwich
Garden salad	Garden salad	Garden Salad	Garden Salad	Garden Salad	Garden salad	Garden Salad
Pears	Mandarins	Cinnamon Applesauce	Fruit Cocktail	Crushed Pineapple	Cantaloupe	Blueberries
<b>Supper #1</b>						
Maple Glazed Ham	Pork Chops	Baked Fish	Chicken ala King	Macaroni and Cheese	Fish Creole	Chicken Parmasen
Summer Squash	Broccoli	Corn Niblets	Mixed Vegetables	Zuchini	Mixed Vegetables	Cauliflower
Scalloped Potatos	Parsely Boiled Potatos	Mashed Potatos	Egg Noodles	Garden Salad	Mashed Potato	mashed Potato
Banana Cream Pie	Ice Cream Sandwich	Fruit Yogurt	Bread Pudding	Sponge Cake	Apple Crisp	Lime Jello
<b>Supper #2</b>						
Chicken Cutlet	Cheese Tortellini	Meatloaf	Roast Pork	Veal Cacciatore	BBQ Pork Rib	Eggplant Ragout
Mashed Potato	Garlic Bread	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll
Garden salad	Garden salad	Garden Salad	Garden Salad	Mashed Potato	Garden salad	Egg Noodles
Strawberries	Banana	Stewed Rhubarb	Peaches	Pears	Tropical Fruit	Apricots
<b>Week 3</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed</b>	<b>Thurs</b>	<b>Friday</b>	<b>Saturday</b>

**Breakfast**

Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Fried Eggs	Waffels or Scrambled Eggs	Scrambled or Boiled Eggs
Bacon	Bran Muffin	Sausage	Banana Muffin		Sausage	
Toast	Toast	Toast	Toast	Toast	Toast	Toast

**Lunch #1**

Cream of Vegetable Soup	Pea Soup	Cream of Tomato	Cream of Cauliflower	Bean and Bacon Soup	Chicken and Rice Soup	Beef Barley Soup
Farmers Sausage	Tater Tot Casserole	Cabbage Rolls	Hot dog on a Bun	Teriyaki Tofu Stir Fry	Broccoli Quiche	Fish Burger on a Bun
Mixed Vegetables	Green Beans	Carrots	Broccoli	Peas	Mixed Vegetables	Parsnips
Mashed Potato			Cesar Salad	Egg Noodles	Mashed Potato	French Fries
Chocolate Ice cream	Rhubarb Crisp	Lime Jello	Chocolate Cake	Vanilla Caramel Cake	Vanilla Ice Cream	Banana Pudding

**Lunch #2**

Cream Of Vegetable Soup	Pea Soup	Cream of Tomato	Cream of Cauliflower	Bean and Bacon Soup	Chicken and Rice Soup	Beef Barley Soup
Salmon Salad Sandwich	Egg Salad Sandwich	Grilled Cheese Sandwich	Tuna Salad Sandwich	Chicken Salad Sandwich	Turkey Sandwich	Tomato Cheese Sandwich
Garden salad	Garden salad	Garden Salad	Garden Salad	Garden Salad	Garden salad	Garden Salad
Pears	Apple Sauce	Apricots	Fresh Clementines	Mango	Mashed Potato	
					Honey Dew Melon	Mandarins

**Supper #1**

Roast Turkey	Chicken Fingers	Calico Skillet	Vegetarian Pizza	Beef Stew	Poached Pollock	Sweet & Sour Chicken
Bread Stuffing	Garden Salad	Garden Salad	Garden Salad	Mashed Potato	Obrien Potatos	Oriental Vegetables
Mashed Potato	Sweet Potato Fries	Dinner Roll		Mixed Vegetables	Peas & Carrots	Fried Rice
Corn						
Boston Cream Pie	Pineapple	Tropical Fruit Salad	Peaches	Strawberries	Short Bread Cookies	Pineapple

**Supper #2**

Spaghetti Tomato Sauce	Lemon Pepper Fish	Shepherds Pie	Turkey Schnitzel	Ham Steak with Pineapple	Vegetarian Lasagna	Hot Hamburger Sandwich
Garlic Bread	Mixed Vegetables	Mixed Vegetables	Summer Squash	Garden Salad	Cesar Salad	
Garden Salad	Mashed Potato	Dinner Roll	Mashed Potato	Mashed Potato	Garlic Bread	Mashed Potato
Fruit Cocktail	Danish	Rice Pudding	Cherry Cheesecake	Cranberry Loaf	Apple Crisp	Rainbow Jello