

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

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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						
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
Lunch #2						
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
Supper #1						
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
Supper #2						
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
Week 3						
Sunday	Monday	Tuesday	Wed	Thurs	Friday	Saturday

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