

## MENU – WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Sunny Boy Cereal</li> <li>• Boiled Eggs</li> <li>• Pears</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Cream of Cornmeal</li> <li>• Scrambled Eggs</li> <li>• Peaches</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Blueberry Pancakes</li> <li>• Fruit Salad</li> <li>• Cheese Portion</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> <li>• Boiled Eggs</li> <li>• Apple Sauce</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Rice Pudding</li> <li>• Fried Eggs</li> <li>• Bacon</li> <li>• Mandarin Oranges</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Scrambled Eggs</li> <li>• ½ Banana</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Irish Porridge</li> <li>• Basted Eggs</li> <li>• Melon Cubes</li> <li>• Toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Grilled Sliced Chicken</li> <li>• Grilled Sliced Beef</li> <li>• Caesar Salad</li> <li>• Dinner Roll</li> <li>• Carrot Slaw</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Pork Dinner Sausage</li> <li>• Boiled Potato</li> <li>• Squash</li> </ul>	<ul style="list-style-type: none"> <li>• Curry Pork</li> <li>• Braised Tender Beef</li> <li>• Steamed Rice</li> <li>• Stewed Tomato and Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Sausage Stew</li> <li>• Vietnamese BBQ Pork</li> <li>• Steamed Rice</li> <li>• Snap Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Hot Dog</li> <li>• French Fries</li> <li>• Onion Rings</li> <li>• Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Lasagna</li> <li>• Sautéed Boneless Chicken Thigh</li> <li>• Steamed Rice</li> <li>• Mixed Seasonal Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Lemon &amp; Rosemary Chicken</li> <li>• Garlic Pork Dry Ribs</li> <li>• Mashed Potato</li> <li>• Gravy</li> <li>• Yellow Beans</li> <li>• Bread Roll</li> </ul>
<b>SUPPER</b>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• BBQ Pork Chop</li> <li>• Potato Pancakes</li> <li>• Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Spaghetti &amp; Meatballs</li> <li>• Garlic Bread</li> <li>• Lemon Tarts</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Dagwood Sandwich</li> <li>• Whole Piece of Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Beef Stroganoff</li> <li>• Egg Noodles</li> <li>• Jell-O</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Roast Chicken</li> <li>• Rice Pilaf</li> <li>• Chocolate Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Hamburger</li> <li>• Kaiser Bun</li> <li>• Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Beef &amp; Broccoli</li> <li>• Steamed Rice</li> <li>• Ice Cream Treat</li> </ul>

Juice is offered during Breakfast

Cold cereal is available at Breakfast

1% and skim milks are offered with each meal

Water is offered with each meal

## MENU – WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Sunny Boy Cereal</li> <li>• Boiled Eggs</li> <li>• Pears</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Cream of Cornmeal</li> <li>• Scrambled Eggs with Cheese</li> <li>• Peaches</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Pancakes</li> <li>• Fruit Salad</li> <li>• Cheese Portion</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> <li>• Boiled Eggs</li> <li>• Apple Sauce</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Rice Pudding</li> <li>• Fried Eggs</li> <li>• Sausage</li> <li>• Mandarin Oranges</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Scrambled Eggs</li> <li>• ½ Banana</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Irish Porridge</li> <li>• Basted Eggs</li> <li>• Melon Cubes</li> <li>• Toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Chicken Cordon Bleu</li> <li>• Ham &amp; Cheese Omelet</li> <li>• Hash Brown Potatoes</li> <li>• Creamed Spinach</li> <li>• Bread Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Hot Beef Sandwich</li> <li>• Mashed Potato</li> <li>• Gravy</li> <li>• Corn</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Boneless Pork</li> <li>• Perogies &amp; Garlic Sausage</li> <li>• Boiled Potato</li> <li>• Marinated Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Jerk Chicken</li> <li>• Braised Beef Strips</li> <li>• Steamed Rice</li> <li>• Peas</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Homemade Pizza</li> <li>• Tater Tots</li> <li>• Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Casserole</li> <li>• Roast Chicken Legs</li> <li>• Buttered Noodles</li> <li>• Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Pork</li> <li>• Steamed Chicken Breast</li> <li>• Mashed Potato</li> <li>• Gravy</li> <li>• Steamed Turnip</li> <li>• Garlic Bread</li> </ul>
<b>SUPPER</b>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Sausage Rolls</li> <li>• Jell-O with Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Chicken Wings</li> <li>• Dinner Roll</li> <li>• Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Ham &amp; Cheese Sandwich</li> <li>• Chocolate Brownie</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Beef &amp; Macaroni Casserole</li> <li>• Rice Pudding with Raisins and Cinnamon</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Honey Garlic Meatballs</li> <li>• Steamed Rice</li> <li>• Jell-O</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Spaghetti &amp; Meat Sauce</li> <li>• Apple Spice Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Sweet &amp; Sour Chicken Balls</li> <li>• Fried Rice</li> <li>• Ice Cream Treat</li> </ul>

Juice is offered during Breakfast

Cold cereal is available at Breakfast

1% and skim milks are offered with each meal

Water is offered with each meal



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Sunny Boy Cereal</li> <li>• Boiled Eggs</li> <li>• Pears</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Cream of Cornmeal</li> <li>• Scrambled Eggs with Cheese</li> <li>• Peaches</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Pancakes</li> <li>• Fruit Salad</li> <li>• Cheese Portion</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> <li>• Boiled Eggs</li> <li>• Apple Sauce</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Rice Pudding</li> <li>• Fried Eggs</li> <li>• Sausage</li> <li>• Mandarin Oranges</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Scrambled Eggs</li> <li>• ½ Banana</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Irish Porridge</li> <li>• Basted Eggs</li> <li>• Melon Cubes</li> <li>• Toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Beef Meatballs</li> <li>• Chicken Thighs</li> <li>• Egg Noodles</li> <li>• Gravy</li> <li>• Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Braised Tender Beef</li> <li>• Mashed Potato</li> <li>• Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Ground Beef &amp; Macaroni Bake</li> <li>• Grilled Chicken Breast</li> <li>• Potato Salad</li> <li>• Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sautéed Pork</li> <li>• Sautéed Beef</li> <li>• Steamed Rice</li> <li>• Stir Fry Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Battered Haddock</li> <li>• Chicken Stew</li> <li>• French Fries</li> <li>• Coleslaw</li> <li>• Pickles</li> </ul>	<ul style="list-style-type: none"> <li>• Pork Chop</li> <li>• Cheese &amp; Chicken Ravioli</li> <li>• Roast Potato</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Pot Roast</li> <li>• Breaded Pork Strips</li> <li>• Baked Potato</li> <li>• Gravy</li> <li>• Brussel Sprouts</li> </ul>
<b>SUPPER</b>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Tex Mex Chicken Chili</li> <li>• Dinner Bun</li> <li>• Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Lazy Beef Cabbage Rolls</li> <li>• Cinnamon Bun</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Western Omelet</li> <li>• Toast</li> <li>• Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Perogies &amp; Garlic Sausage</li> <li>• Jell-O</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Cheddar Pork Sausage</li> <li>• Hot Dog Bun</li> <li>• Whole Piece of Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Roast Chicken Drumsticks</li> <li>• Rice Pilaf</li> <li>• Fresh Baked Pie</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Salisbury Steak</li> <li>• Mashed Potato</li> <li>• Ice Cream Treat</li> </ul>

Juice is offered during Breakfast  
Cold cereal is available at Breakfast  
1% and skim milks are offered with each meal  
Water is offered with each meal

**MENU – WEEK 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Sunny Boy Cereal</li> <li>• Boiled Eggs</li> <li>• Pears</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Cream of Cornmeal</li> <li>• Scrambled Eggs with Cheese</li> <li>• Peaches</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Pancakes</li> <li>• Fruit Salad</li> <li>• Cheese Portion</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> <li>• Boiled Eggs</li> <li>• Apple Sauce</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Rice Pudding</li> <li>• Fried Eggs</li> <li>• Sausage</li> <li>• Mandarin Oranges</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Scrambled Eggs</li> <li>• ½ Banana</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Irish Porridge</li> <li>• Basted Eggs</li> <li>• Melon Cubes</li> <li>• Toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Spaghetti &amp; Meat Sauce</li> <li>• Oven Baked Chicken Wings</li> <li>• Buttered Noodles</li> <li>• Steamed Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Pork Stir Fry</li> <li>• Steamed Rice</li> <li>• Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Smothered Beef Steak</li> <li>• Baked Chicken Thighs</li> <li>• Mashed Potato</li> <li>• Snap peas</li> <li>• Bread Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Pork Kabob</li> <li>• Steamed Chicken Breast</li> <li>• Potato Salad</li> <li>• Corn Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Cheeseburger</li> <li>• Kaiser Bun</li> <li>• French Fries</li> <li>• Broccoli Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Ginger Beef</li> <li>• Garlic Chicken</li> <li>• Steamed Rice</li> <li>• Bok Choy</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Turkey</li> <li>• BBQ Pork Cutlet</li> <li>• Mashed Potato</li> <li>• Bread Stuffing</li> <li>• Peas</li> <li>• Gravy</li> </ul>
<b>SUPPER</b>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Ground Beef and Potato Skillet</li> <li>• Apple Crisp</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Beef Stir Fry</li> <li>• Chow Mein Noodles</li> <li>• Fresh Baked Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Turkey &amp; Cheese Sandwich</li> <li>• Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Shepherd's Pie</li> <li>• Coconut Macaroons</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Chicken Stew</li> <li>• Dinner Roll</li> <li>• Broken Glass Dessert</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Beef &amp; Potato Hash</li> <li>• Jell-O</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Beef Sloppy Joe</li> <li>• Kaiser Bun</li> <li>• Ice Cream Treat</li> </ul>

Juice is offered during Breakfast  
Cold cereal is available at Breakfast  
1% and skim milks are offered with each meal  
Water is offered with each meal



## MENU – WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Sunny Boy Cereal</li> <li>• Boiled Eggs</li> <li>• Pears</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Cream of Cornmeal</li> <li>• Scrambled Eggs with Cheese</li> <li>• Peaches</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Pancakes</li> <li>• Fruit Salad</li> <li>• Cheese Portion</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> <li>• Boiled Eggs</li> <li>• Apple Sauce</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Rice Pudding</li> <li>• Fried Eggs</li> <li>• Sausage</li> <li>• Mandarin Oranges</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Scrambled Eggs</li> <li>• ½ Banana</li> <li>• Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Irish Porridge</li> <li>• Basted Eggs</li> <li>• Melon Cubes</li> <li>• Toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Hot Beef Sandwich</li> <li>• Summer Pork Stew</li> <li>• Egg Noodles</li> <li>• Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Beef Sausages</li> <li>• Boiled Potato</li> <li>• Yellow Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet &amp; Sour Beef Meatballs</li> <li>• Bacon &amp; Cheese Macaroni</li> <li>• Steamed Rice</li> <li>• Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Pork Chop</li> <li>• Grilled Chicken Breast</li> <li>• Roast Potato</li> <li>• Cream Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fish</li> <li>• Fried Chicken</li> <li>• French Fries</li> <li>• Tomato Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Tortellini in Tomato Sauce</li> <li>• Liver &amp; Onions</li> <li>• Mashed Potato</li> <li>• Gravy</li> <li>• Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Ham</li> <li>• Steamed Chicken Breast</li> <li>• Scalloped Potato</li> <li>• Glazed Beets</li> </ul>
<b>SUPPER</b>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Ham, Potato &amp; Cheese Bake</li> <li>• Dessert Mousse</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Beans &amp; Wieners</li> <li>• Dinner Bun</li> <li>• Whole Piece of Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Roast Beef &amp; Cheddar Sandwich</li> <li>• Vanilla Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Turkey Tetrazzini Pasta</li> <li>• Garlic Bread</li> <li>• Jell-O</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Chili Con Carne</li> <li>• Dinner Roll</li> <li>• Rice Krispies Square</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Chicken Pot Pie</li> <li>• Bread Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Salad</li> <li>• Soup</li> <li>• Daily Sandwich</li> <li>• Creamed Beef Casserole</li> <li>• Ice Cream Treat</li> </ul>

Juice is offered during Breakfast

Cold cereal is available at Breakfast

1% and skim milks are offered with each meal

Water is offered with each meal