

WK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange Juice Oatmeal Scrambled Eggs with Peppers and Onions Hash Browns Raisin Bran Muffin Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal French Toast Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Pork Roll, Egg with Cheese on Baby Kaiser Roll Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Pancakes Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Cheese Omelet Biscuit Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Waffles Sausage Links Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Scrambled Eggs Assorted Scones Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf
D I N N E R	Beef Noodle Soup Roast Turkey w/Gravy Cranberry Sauce Oven Roasted Potatoes Buttered Green Beans Coconut Custard Pie 8oz. Milk/Sugar Coffee/Tea/Decaf	Vegetable Barley Soup Braised Beef Medallions w/ Onions Mashed Potatoes Buttered Broccoli Strawberry Cheesecake Ice Cream 8 oz. Milk/Sugar Coffee/Tea/Decaf	Cream of Tomato Chicken Marsala Parsley Parmesan Baked Potato Peas Chocolate Chip Fudge Brownie 8 oz. Milk/Sugar Coffee/Tea/Decaf	Chicken Noodle Soup Grilled Pork Chop Smothered With Sautéed Onions Parslied Bow Tie Noodles Capri Blend Lemon Loaf Pound Cake 8 oz. Milk/Sugar Coffee/Tea/Decaf	Minestrone Soup Meat Lasagna Tossed Salad with Italian Dressing Garlic Bread Fresh Baked Cookie 8 oz. Milk/Sugar Coffee/Tea/Decaf	Corn Chowder Stuffed Chicken w/ Broccoli and Cheese Baked Potatoes Carrots Strawberry Shortcake 8 oz. Milk/Sugar Coffee/Tea/Decaf	Lentil Soup Salisbury Steak Buttered Noodles Scandinavian Vegetables Chocolate Eclairs 8 oz. Milk/Sugar Coffee/Tea/Decaf
	Alternate: Glazed Baked Salmon Oven Roasted Potatoes Buttered Green Beans	Alternate: Sweet and Sour Pork Rice Buttered Broccoli	Alternate: Chili Stuffed Baked Potato w/ Cheddar & Chopped Onions Peas	Alternate: Eggplant Parmigiano Parslied Bow Tie Noodles Capri Blend	Alternate: Shrimp Fried Rice w/ a Spring Roll Tossed Salad	Alternate: Lemon Baked Tilapia Tartar Sauce Baked Potato Buttered Carrots	Alternate: BBQ Pork Riblet On a Bun w/ Caramelized Onions Scandinavian Vegetables Buttered Noodles
S U P P E R	Soup of the Day Hamburger on Bun Cole Slaw Country Style Potato Salad Sliced Pears 4 oz. Juice/Sugar Coffee/Tea/Decaf Ketchup	Soup of the Day Spaghetti with Italian Sausage Gravy Mixed Green Salad Italian Dressing Garlic Bread/ Margarine Fruit Cocktail 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Egg Salad Sandwich on Whole Wheat Lettuce, Tomato & Cucumber/Onion Salad Mandarin Oranges 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Chicken Cacciatore Garden Salad Cinnamon Apples 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Chicken Salad on a Multigrain Roll with Italian 3 Bean Salad Peaches with Raspberry Sauce 4 oz Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Cheese Ravioli w/ Homemade Sauce Mixed Green Salad Tropical Fruit Italian Dressing 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Turkey Swiss on Multigrain Bread Lettuce, Tomato Pickled Beet Salad Raspberry Water Ice 4 oz. Juice/Sugar Coffee/Tea/Decaf

	Alternate: Crispy Chicken Patty Sandwich Cole Slaw Country Style Potato Salad, Mayo	Alternate: Baked Cod Sweet Potato Fries Mixed Green Salad Italian Dressing	Alternate: Sliced Roast Beef on a Croissant Lettuce, Tomato Cucumber/Onion Salad/Mayo	Alternate: Sausage and Peppers Over Rice Garden Salad	Alternate: Italian Hoagie/Roll served with lettuce, Tomato, Onion, O&V, and 3 Bean Salad	Alternate: Cheese Steak w/ Caramelized Onions/Peppers on 4 in French Cut Roll Shoestring Fries Mixed Green Salad	Alternate: Liverwurst Sandwich on Rye with Sliced Onion Pickled Beet Salad Mustard
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange Juice Oatmeal Western Omelet Hash Brown Potatoes Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal French Toast Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Turkey sausage Patty, Scrambled Eggs and Croissant Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Pancakes Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Mexican Egg Scrambled w/ Salsa Side of Seasoned Potatoes Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Waffles Link Sausage Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Scrambled Eggs Coffee Cake Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf
D I N N E R	Split Pea Soup Oven Roasted Chicken Roasted Potatoes Broccoli Au Gratin NY Style Cheesecake 8 oz. Milk/Sugar Coffee/Tea/Decaf	Chicken Rice Soup Loin of Pork with Onion, Apple and Sauerkraut Dressing Potato Pancakes Buttered Spinach Lemon Bars 8 oz. Milk/Sugar Coffee/Tea/Decaf	Cream of Potato Soup Mushroom Asiago Chicken Mashed Potato Parslied Carrots Apple Crisp 8 oz. Milk/Sugar Coffee/Tea/Decaf Margarine	Cream of Carrot Soup Beef Burgundy Noodles Red Cabbage Coffee Ice-cream 8 oz. Milk/Sugar Coffee/Tea/Decaf	Vegetable Soup Spaghetti with Bolognese Sauce Mixed Green Salad Italian Bread/Marg. Cherry Pie 8 oz. Milk/Sugar Coffee/Tea/Decaf Italian Dressing	Manhattan Clam Chowder Grilled Ham Steak Baked Potato Peas and Pearl Onions Rice Pudding 8 oz. Milk/Sugar Coffee/Tea/Decaf	Navy Bean Soup Pepper Steak Over Yellow Rice String Beans Bread Pudding w/Brown Sugar Glaze 8 oz. Milk/Sugar Coffee/Tea/Decaf
	Alternate: Coconut Shrimp Roasted Potatoes Broccoli Au gratin	Alternate: Manicotti Buttered Spinach Garlic Bread	Alternate: Fried Fish Tartar Sauce Mashed Potatoes Parslied Carrots	Alternate: Slow Braised Pork Shank Noodles Red cabbage	Alternate: Chicken Cordon Bleu Parslied Spaghetti Mixed Green Salad Italian Dressing	Alternate: Flounder Francaise with Tartar Sauce/Lemon Baked Potato Peas and Pearl Onions	Alternate: Pork Chop with Mushroom Sauce Yellow Rice String Beans
S U P P E R	Soup of the Day Sloppy Joe on Bun Tossed Green Salad Fries w/ Ketchup Tapioca Pudding 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Cranberry Chicken Salad Platter w/ a Mini Croissant Roasted Vegetable Salad Assorted Ice Creams 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Meatball Hoagie On a Club Roll Tossed Salad Mandarin Oranges 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Chicken and Broccoli Fried Rice Pineapple Chunks 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Turkey Sandwich on Whole Wheat/Mayo Lettuce & Tomato Marinated Tomato and Cucumber Salad Banana Pudding 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Corn Beef & Swiss on Rye Carrot Raisin Salad Tropical Fruit 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Chicken Tenders Mash Corn Sliced Cinnamon Apples 4 oz. Juice/Sugar Coffee/Tea/Decaf

	Alternate: Hot Dog Sauerkraut Fries Toss Salad	Alternate: Bologna & Cheese On a Bun Roasted Vegetable salad	Alternate: Cheese Blintz Strawberry Topping Sausage Patty Tossed Salad Italian Dressing	Alternate: Baked seafood Mac & Cheese Broccoli	Alternate: Olive Loaf On White Bread w/ Mayo Marinated Tomato and Cucumber Salad	Alternate: Tuna Salad On Rye Bread Carrot Raisin Salad	Alternate: Oven Baked Pizza w/Meat/Pep/Onion Italian Toss Salad
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Week 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange Juice Oatmeal Ham and Cheese Omelet Potato Pancake Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal French Toast Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Scrambled Eggs & Sausage Patty Mini Croissant Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Pancakes Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Scrambled Eggs w/ Fried Peppers and Onions on Soft Roll Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Waffles Link Sausage Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Omelet with Cheese Home Fries Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf
D I N N E R	Cheesy Potato Soup Veal Parmesan Noodles Broccoli Apple Crumb Pie 8 oz. Milk/Sugar Coffee/Tea/Decaf	Beef Noodle Soup Baked Polynesian Chicken with Pineapple Mashed Potatoes Buttered Green Beans w/ Mushrooms Orange Sponge Cake 8 oz. Milk/Sugar Coffee/Tea/Decaf	Vegetable Soup Oven Roasted Turkey and Gravy Oven Roasted Potatoes Squash Medley Boston Cream Pie 8 oz. Milk/Sugar Coffee/Tea/Decaf	Calico Bean Soup Baked Chicken Rice Carrots Blueberry Buckle Cake with Whipped Cream 8 oz. Milk/Sugar Coffee/Tea/Decaf	Stuffed Pepper Soup Corned Beef and Steamed Cabbage Oven Roasted Potatoes Peach Crumb cake with Whipped Cream 8 oz. Milk/Sugar Coffee/Tea/Decaf	New England Clam Chowder Baked Tilapia w/ Herbed Bread Crumb Topping Parslied Noodles California Blend Vegetables Orange Cranberry Cake 8 oz. Milk/Sugar Coffee/Tea/Decaf	Sweet Russian Cabbage Soup BBQ Chicken Baked Sweet Potatoes Corn on Cob Chocolate Chip Pound Cake 8 oz. Milk/Sugar Coffee/Tea/Decaf
	Alternate: Baked Salmon With Dill Sauce Noodles Broccoli	Alternate: Vegetable Lasagna Buttered Green Beans w/ Mushrooms Garlic Bread Stick	Alternate: Stuffed Pepper Oven Roasted Potato Squash Medley	Alternate: Eggplant Rollatini Carrots Dinner Roll	Alternate: Mushroom and Onion Cheese Quiche Dinner roll Tossed Salad	Alternate: Turkey Cutlets w/ Gravy Parslied Noodles California Blend Vegetables	Alternate: Fried Pork Chops w/ Gravy Baked Sweet Potatoes Corn on the Cob

S U P P E R	Soup of the Day Stuffed Shells with Hearty Tomato Sauce Tossed Garden Salad with Italian Dressing Italian Bread Rainbow Sherbet 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Sliced Roast Beef Roasted Red Peppers and Swiss Cheese on Croissant Cucumber and Tomato Salad Chocolate Mousse with Whipped Cream	Soup of the Day Baked Macaroni and Cheese Stewed Tomatoes Sliced Peaches w/ Raspberry Sauce and Whipped Topping 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Pork Roll, Egg and Cheese on a Roll Seasoned Corn Tropical Fruit Salad 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Spaghetti & Meatballs Mixed Green Salad w/ Italian Dressing Poached Pear Halves 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Chicken Parm Sandwich Marinated Mushrooms Salad Pineapple Chunks 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Oven Baked Pizza Toss Salad Mandarin Oranges 4 oz. Juice/Sugar Coffee/Tea/Decaf
	Alternate: Cheese Burger Sweet Potato Fries Tossed Garden Salad	Alternate: Shrimp Salad Platter w/ Cucumber Tomato Salad Split Top Dinner Roll	Alternate: Beef w/ Broccoli Lo Mein Noodles Vegetable Egg Roll	Alternate: Turkey Noodle Casserole Seasoned Corn	Alternate: Monte Cristo Sandwich w/ Cranberry Dipping Sauce Mixed Green Salad	Alternate: Fried Shrimp w/ Fries Marinated Mushroom Salad	Alternate: Beef Goulash Rice Toss Salad

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange Juice Oatmeal Scrambled Egg w/ Corned Beef Hash 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal French Toast Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Sausage Pepper and Egg Scramble w/ Home Fries Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Pancakes Bacon Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Ham, Cheese & Scrambled Egg Mix w/ Mini Croissant 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Waffle Link Sausage Margarine/Syrup 8 oz. Milk/Sugar Coffee/Tea/Decaf	Orange Juice Oatmeal Scrambled Eggs Blueberry Muffin Margarine/Jelly 8 oz. Milk/Sugar Coffee/Tea/Decaf
D I N N E R	Old Fashioned Tomato Soup Baked Virginia Ham with Raisin Sauce Au Gratin Potatoes Mixed Collard Greens Coconut Custard Pie 8 oz. Milk/Sugar Coffee/Tea/Decaf	Vegetable Soup Oven Roast Turkey with Gravy Rice Pilaf Broccoli Spears Lemon Bars 8 oz. Milk/Sugar Coffee/Tea/Decaf	Bean & Ham Soup Swiss Steak w/ Onion Gravy Mash potatoes Peas and Carrots Glazed Orange Pound Cake 8 oz. Milk/Sugar Coffee/Tea/Decaf	Chicken Rice Soup Baked Ziti Garlic Bread Tomato Romaine Salad Chocolate Swirl Cake w/ Vanilla Frosting 8 oz. Milk/Sugar Coffee/Tea/Decaf	Pasta Faggioli Soup Pot Roast with Onion Gravy Perogies w/ Sautéed Onions Buttered Green Beans Assorted Pies 8 oz. Milk/Sugar Coffee/Tea/Decaf	Cream of Broccoli Honey Garlic Chicken Thighs Baked Potato Creamed Spinach Banana Rum Bread Cake 8 oz. Milk/Sugar Coffee/Tea/Decaf	Italian Wedding Soup Baked Macaroni and Cheese Buttered Carrots Green Salad Apple Cobbler 8 oz. Milk/Sugar Coffee/Tea/Decaf
	Alternate: Chicken Kiev Au Gratin Potatoes Mixed Collard Greens	Alternate: Tortellini Alfredo Broccoli Spears Dinner Roll	Alternate: Braised Pork Shank Mashed Potatoes Peas and Carrots	Alternate: Chicken Fajita Brown Rice Tomato Romaine Salad	Alternate: Polish Sausage and Sauerkraut Perogies w/ Sautéed Onions Buttered Green Beans	Alternate: Beer Battered Cod, Tartar Sauce Baked Potato Creamed Spinach	Alternate: Stuffed Cabbage Mashed Potatoes Buttered Carrots
S U P P E R	Soup of the Day Hot Dog w/ Sauerkraut BBQ Baked Beans Coleslaw Mint Chocolate Chip Ice Cream 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Egg Salad on Multigrain Bread Caesar Salad Sliced Pears 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Tuna Salad Platter Lettuce/Tomato/Crax Bowtie Vegetable Pasta Salad Fruit Cocktail 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Open Face Turkey, Stuffing and Gravy Cranberry Sauce Snap Peas Mandarin Oranges 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Chicken Tenders Mashed Potatoes w/ Gravy California Blend Corn Bread Diced Peaches 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Oven Baked Cheese Pizza Toss Salad Ice Cream Sundaes 4 oz. Juice/Sugar Coffee/Tea/Decaf	Soup of the Day Chicken Alfredo With Fresh Spinach & Bruschetta Marinated Mushroom Salad Pine Apple Tidbits 4 oz. Juice/Sugar Coffee/Tea/Decaf
	Alternate: BBQ Chicken Sandwich on a Bun Baked Beans	Alternate: Turkey BLT on White Bread Caesar Salad	Alternate: Ham and Cheese Hero on a Club Roll Bowtie Vegetable Pasta Salad	Alternate: Taco Salad Served on Bed of Tri Colored Chips Tom, Onions. Cheese,	Alternate: Italian Beef and Macaroni Bake California Blend Garlic Bread Stick	Alternate: BBQ Pork Riblet On a Bun Toss Salad	Alternate: Ham and Melted Swiss With Honey Mustard On a Croissant Marinated Mushroom Salad

Week 4

Coleslaw

& Salsa