

Sample Menu

Sunday

Breakfast

Assorted Juices and Fruits, Cream of Wheat, Assorted Cereals, Scrambled Eggs, Fried Eggs, Bacon, Sour Cream Donut, Wheat Toast

Lunch

Fried or Baked Chicken, Roast Beef au Jus, Whipped Potatoes w/Gravy, German Style Red Cabbage, Spinach Soufflé, Greek Salad, Sweet Potato Pie, Parker House Roll

Dinner

Turkey Noodle Soup, Sweet n' Sour Meatballs, Rice, parsley Carrots, Dinner Roll, Tuna Salad on Whole Wheat, Bow Tie Caesar Pasta Salad, Chunky Applesauce, Assorted Cookies

Monday

Breakfast

Assorted Juices and Fruits, Oatmeal, Assorted Cereals, Round Waffle w/Syrup, Scrambled Eggs, Bacon, Wheat Toast

Lunch

Chicken Cacciatore, Baked Meatloaf w/Brown Gravy, Garlic Butter Pasta Shells, Whipped Potatoes w/Gravy, Peas & Turnips, Cauliflower, Fresh Spinach Salad, Peach Pie, Bistro Dinner Roll

Sample Menu

Monday (cont'd)

Dinner

Ham & Bean Soup, Grilled Cheese w/Bacon & Tomato, Broccoli Raisin Salad, Fried Catfish, Sweet n'Sour Coleslaw, Stewed Tomatoes, Corn Bread, Mandarin Oranges & Pineapple

Tuesday

Breakfast

Assorted Juices and Fruits, Cream of Wheat, Assorted Cereals, Scrambled Eggs, Fried Eggs, Grilled Ham or Ham Patty, Cinnamon Raisin Biscuit w/Honey, Wheat Toast

Lunch

Boneless Smothered Pork Chop, Carved Turkey Breast, Stuffing w/Gravy, Whipped Potatoes w/Gravy, Home Style Green Beans, Harvard Beets, Cranberry Relish Salad, Banana Pudding Square, Corn Muffin

Dinner

Turkey Vegetable Soup, Crab Cake w/Seafood Sauce, Macaroni & Cheese, Zucchini & Red Peppers, Crescent Roll, Sloppy Joe on Bun, Tater Tots, Fresh Grapes

Sample Menu

Wednesday

Breakfast

Assorted Juices and Fruits, Oatmeal, Assorted Cereals,
Pancakes w/Syrup, Scrambled Egg, Sausage Links, Wheat Toast

Lunch

Carved Corned Beef, Roasted Cod w/Basil & White Wine,
Parsley Boiled Potatoes, Whipped Potatoes w/Margarine,
Fresh Green Cabbage, Crinkle Cut Carrots, Peach Half
w/Cottage Cheese, Frosted Apple Spice Cake, Marble Rye Bread

Dinner

Chicken Gumbo, Shaved Turkey Ham & Dilled Cheese on
Flatbread, Oven Baked Seasoned Potatoes, Beef Stew, Italian
Blend Vegetables, Garlic Bread Stick, Sliced Pears

Thursday

Breakfast

Assorted Juices and Fruits, Cream of Rice, Assorted Cereal,
Cream Cheese Scrambled Egg, Scrambled Egg, Hash Brown
Potato Patty, Bacon, Apple Cinnamon Scone, Wheat Toast

Lunch

French Onion Salisbury Steak, Artichoke Chicken, Baked Potato
w/Sour Cream, Whipped Potatoes w/Gravy, Acorn Squash
w/Apples, Snap peas, Caesar Salad, Fruits of the Forest Pie,
Romano Swiss Dinner Roll

Sample Menu

Thursday (cont'd)

Dinner

Broccoli Cheese Soup, Turkey Pot Pie, French Style Green Beans, Bread w/Margarine, Bratwurst w/ Hot Mustard & Kraut on Bun, German Potato Salad, Ambrosia Fruit Cup

Friday

Breakfast

Assorted Juices and Fruits, Oatmeal, Assorted Cereal, Poached Egg, Scrambled Egg, Sausage Patty w/Gravy, Biscuits, Wheat Toast

Lunch

Braised Beef & Vegetables, Stuffed Pollock, Noodles w/Garlic Oil, Whipped Potatoes w/Margarine, Roasted Corn & Peppers, Seasoned Broccolini, Apple Slaw Salad, Peanut Butter Cake, Yeast Dinner Roll

Dinner

Minestrone Soup, Cheese Cube Fruit Plate, Harvest Muffin, Sesame Chicken & Vegetable Stir Fry, Steamed Rice, Egg Roll, Sliced Peaches

Sample Menu

Saturday

Breakfast

Assorted Juices and Fruits, Grits, Assorted Cereal, Scrambled Egg, Cheese Omelet, Fried Potatoes, Bacon, Raisin Toast, Wheat Toast

Lunch

Spaghetti & Meatballs, Pork Tenderloin w/Bourbon Glaze, Baked Sweet Potato, Whipped Potatoes w/Gravy, Peas, Buttered Rutabagas, Italian Marinated Vegetable Salad, Lemon Crème Shortcake, Garlic Bread

Dinner

Mushroom barley Soup, Chicken Tenders w/Mustard Sauce, Ginger Carrots, Biscuit w/Margarine, Egg Salad on Wheat w/Lettuce Tomato, Potato Chips, Pickled Beet Salad, Apricot Fruited Gelatin