

**BREAKFAST**

**LUNCH**

**DINNER**

**MONDAY**

**Oatmeal**  
Poached Egg  
Wheat Toast  
  
**Alt: Cold Cereal**  
Scrambled Egg  
White Toast

**Stuffed Green Pepper**  
Mashed Potatoes  
Herbed Wax Beans  
Garlic Bread Stick  
Chocolate Pudding  
**Alt: Baked Chicken Breast**

**Beef Tomato Goulash**  
Capri Veggies  
Garlic French Bread  
Chocolate Chip Cookie  
  
**Alt: Potato Bacon Chowder**  
Tuna Salad on Wheat

**TUESDAY**

**Cream of Wheat**  
Sausage links  
French Toast  
**Alt: Cold Cereal**  
Scrambled Eggs  
Wheat Toast

**RESIDENT CHOICE MEAL**  
Chicken Cordon Bleu  
White Rice  
Lettuce Salad with Tomato,  
Cucumber, Onion  
Key Lime Pie  
**Alt: Chef Salad**

**Chicken & Okra Gumbo**  
Egg Salad on Wheat  
Whipped Gelatin  
  
**Alt: Cottage Cheese Fruit Plate**

**WEDNESDAY**

**Oatmeal**  
Scrambled Eggs  
Wheat Toast  
**Alt: Cold Cereal**  
Poached Egg  
White Toast

**Classic Meatloaf**  
Baked Potato  
Herb Italian Vegetables  
Chilled Pineapple  
**Alt: Baked Chicken Breast**  
Mashed Potatoes

**Sloppy Joe on a Bun**  
Potato Chips  
Navy Beans  
Tapioca Pudding  
**Alt: Soup and Sandwich of the Day**

**THURSDAY**

**Cream of Rice**  
Fried Egg  
Wheat Toast  
**Alt: Cold Cereal**  
Scrambled Eggs  
Wheat Toast

**Baked Glazed Ham**  
Mashed Sweet Potatoes  
Green Beans  
Frosted Yellow Cake  
**Alt: Baked Beef Patty**

**Chili w/ Beans**  
Herbed Cauliflower  
Cornbread  
Mandarin Oranges  
**Alt: Chicken Pot Pie**  
Shredded Lettuce Salad

**FRIDAY**

**Oatmeal**  
Scrambled Eggs  
Bacon  
Wheat Toast  
**Alt: Cold Cereal**  
Poached Eggs  
White Toast

**Open Face Hot Beef Sandwich**  
Mashed Potatoes/Gravy  
Seasoned Broccoli Cuts  
Chilled Apricots  
**Alt: Cottage Cheese Fruit Plate**

**Chicken Tenders**  
Potato Wedges  
Pea & Cheese Salad  
Peanut Butter Cookie  
**Alt: Quiche Lorraine**  
**Simple Muffin**

**SATURDAY**

**Cream of Wheat**  
Poached Egg  
Wheat Toast  
  
**Alt: Cold Cereal**  
Scrambled Eggs  
White Toast

**Smothered Pork Chop**  
Parslied Potatoes  
Roasted Carrots  
Choclate Cake  
**Alt: Healthy Choice Fish**  
Mashed Potatoes w/ Gravy

**Seafood Pasta Salad**  
Baked Breadsticks  
Dessert of the Day  
  
**Alt: Tomato Soup**  
Sandwich of the Day

**SUNDAY**

**Oatmeal**  
Egg and Vegetable Bake  
Wheat Toast  
  
**Alt: Cold Cereal**  
Poached Egg  
White Toast

**Spaghetti with Meat Sauce**  
Garlic Breadstick  
Peas and Carrots  
Frosted Pumpkin Bar  
**Alt: Chef Salad**

**Hot Dog on a Bun**  
Tater Tots  
Creamy Coleslaw  
Chilled Pears  
**Alt: Chicken Patty on a Bun**  
Lettuce Salad

\*Menu subject to change