

BREAKFAST

LUNCH

DINNER

MONDAY

Oatmeal
Scrambled Eggs
Orange Muffin
Alt: Cold Cereal
Poached Egg
Wheat Toast

Classic Meatloaf
Mashed Potatoes/Gravy
Herbed Green Peas
Frosted Brownie
Alt: Liver and Onions

Beef Pizza Casserole
Lettuce Salad
Garlic Breadstick
Chilled Peaches
Alt: Soup and Sandwich of the Day

TUESDAY

Cream of Wheat
Buttermilk Biscuits
Sausage Gravy
Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Chicken Fried Steak
Mashed Potatoes/Gravy
Roasted Cauliflower
Vanilla Pudding
Alt: Chicken Wild Rice Soup
Sandwich of the Day

Vegetable Minestrone Soup
Tuna Salad on a Croissant
Mandarin Oranges
Alt: Cottage Cheese Fruit Plate

WEDNESDAY

Cream of Rice
French Toast
Sausage Links
Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Rosemary Chicken
Baked Potato
Lettuce Salad with Tomato,
Cucumber, & Onion
Sugar Cookie
Alt: Mac and Cheese

Turkey Noodle Casserole
4 Way Veggies
Wheat Bread
Fresh Watermelon
Alt: Soup & Sandwich of the Day

THURSDAY

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

HAPPY THANKSGIVING
Roast Turkey with Gravy
Sweet Potato Casserole
Stuffing/Green Beans
Cranberry Sauce/Roll
Pumpkin Pie
Alt: Soup and Sandwich

Chili Dogs
Potato Chips
Creamy Coleslaw
Chilled Pears
Alt: Tuna Salad Sandwich

FRIDAY

Oatmeal
Scrambled Eggs
White Toast
Alt: Cold Cereal
Hard Boiled Egg
Wheat Toast

Baked Penne w/Italian Sausage
Lettuce Salad
Parmesan Breadstick
Green Grapes
Alt: Baked Fish
Mashed Potatoes/Gravy

Chicken Strips
Tator Tots
Pea & Cheese Salad
Chocolate Pudding
Alt: Turkey Ham cheese Sub
Potato Chips

SATURDAY

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

Smothered Pork Chop
Scalloped Potatoes
Roasted Carrots
Spiced Peaches
Alt: Chef Salad

Turkey Ranch Pasta
Garlic Breadstick
Lettuce Salad
Fresh Cantalope
Alt: Cottage Cheese Fruit Plate

SUNDAY

Oatmeal
Egg & Cheese Bake
Frosted Cinnamon Roll
Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Open Face Hot Beef Sandwich
Mashed Potatoes/Gravy
Herbed Cabbage
Chocolate Cake
Alt: Breaded cod on a Bun

Tater Tot Casserole
Wax Beans
Lemon Pudding
Alt: Soup & Sandwich of the Day

Menus subject to change