

BREAKFAST**LUNCH****DINNER****MONDAY**

Oatmeal
Scrambled Eggs & Cheese
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Stuffed Green Pepper
Mashed Potatoes
Herbed Wax Beans
White Cake w/ Frosting

Alt: Lemon Pepper Fish

Turkey, Ham, Cheese Sub
Potato Chips
Pea and Cheese Salad
Watermelon
Alt: Sandwich of the Day
Soup of the Day

TUESDAY

Cream of Wheat
Hard Boiled Egg
Bacon
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Rotini With Meat Sauce
Italian Vegetables
French Bread
Whipped Gelatin

Alt: Baked Chicken Breast
Mashed Potatoes/Gravy

Hot Dog on a Bun
Potato Wedges
Creamy Coleslaw
Chilled Peaches
Alt: Cottage Cheese Fruit Plate

WEDNESDAY

Oatmeal
Fried Egg
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Scalloped Potatoes and Ham
Roasted Carrots
Wheat Bread
Cookie

Alt: Chef Salad

Chicken Noodle Soup
Ham & Swiss Sandwich
Bread Pudding
Alt: Tuna Salad Sandwich
Potato Chips

THURSDAY

Cream of Rice
Pancakes
Sausage Links

Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

White Turkey Chili
Corn Bread
Lettuce Salad with Tomato
Vanilla Pudding

Alt: Beef Patty
Mashed Potatoes/Gravy

Beef Tomato Goulash
Capri Blend Vegetables
Chocolate Chip Cookie
Alt: Chef Salad

FRIDAY

Oatmeal w/Berries
Scrambled Eggs
Wheat Toast

Alt: Cold Cereal
Poached Eggs
White Toast

Chicken Enchilada Casserole
Spanish Rice
Lettuce Salad

Frst Lemon Poppyseed Cake

Alt: Healthy Choice Fish
Mashed Potatoes/Gravy

Hamburger on Bun
Baked Beans
Potato Chips
Chilled Pears

Alt: Florentine Quiche
Simple Muffin

SATURDAY

Cream of Wheat
Poached Egg
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Swiss Steak
Mashed Potatoes/Gravy
Mixed Vegetables
Mandarin Oranges

Alt: Chef Salad

Turkey Noodle Casserole
Herbed Broccoli
Oatmeal Raisin Cookie
Alt: Egg Salad Sandwich
Soup of the Day

SUNDAY

Oatmeal
Denver Scrambled Eggs
Caramel Roll

Alt: Cold Cereal
Hard Boiled Eggs
Wheat Toast

Baked Glazed Ham
Sweet Potato Casserole
Herbed Cabbage
Angel Food Cake with Strawberries

Alt: Baked Chicken Breast
Mashed Potatoes w/ Gravy
Menus subject to change

Fish Sticks
Macaroni & Cheese
Stewed Tomatoes
Fresh Cantaloupe
Alt: Ham Italian Pasta Salad