

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

Oatmeal
Hard Boiled Egg
Apple Muffin

Alt: Cold Cereal
Scrambled Egg
Wheat Toast

Rosemary Chicken
Sage Bread Dressing
Lettuce Salad/Tomato,Cucumber,
Onion
Chocolate Pudding

Alt: Healthy Choice Fish

Tuna Pasta Salad
Herbed Diced Beets
Parmesan Breadstick
Lemon Bar

**Alt: Cheddar Cheese Omelet
Cornbread**

TUESDAY

Cream of Wheat
Scrambled Egg
Bacon
Wheat Toast

Alt: Cold Cereal
Hard Boiled Eggs
White Toast

**Chicken Spinach Mushroom
Casserole**
Herbed Capri Veggies
Frosted Brownie

Alt: Salisbury Steak
Mashed Potatoes

Chicken Rice Casserole
Herbed Wax Beans
Cinnamon Applesauce

Alt: Chef Salad

WEDNESDAY

Oatmeal
Fried Egg
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Baked Meatloaf
Baked Potato
Herbed Cauliflower
Peach Cobbler

Alt: Baked Chicken Breast
Mashed Potatoes

Tomato Soup
Turkey & Cheese on Wheat
Oatmeal Raisin Cookie

Alt: Egg Salad
Potato Chips

THURSDAY

Cream of Rice
French Toast
Sausage Links

Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Eggplant Parmesan
Lettuce Salad
French Bread
Watermelon

Alt: Chef Salad

Sloppy Joe on a Bun
Potato Wedges
Creamy Coleslaw
Tapioca Pudding

Alt: Chicken Patty on a Bun

FRIDAY

Apple Cinnamon Oatmeal
Scrambled Eggs
Wheat Toast

Alt: Cold Cereal
Poached Eggs
White Toast

Chicken Pot Pie
Herbed Diced Carrots
Wheat Bread
Rice Pudding

Alt: Cottage Cheese Fruit Plate

Turkey, Ham, Cheese Sub
Potato Salad
Tomato Cucumber Salad
Sugar Cookie

Alt: Tuna Salad on White

SATURDAY

Cream of Wheat
Poached Egg
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Roast Turkey
Mashed Potatoes w/ Gravy
Cranberries
Peas & Carrots
Frosted Brownie

Alt: Baked Beef Patty

Hamburger on a Bun
Potato Chips
Lettuce Salad
Chilled Pineapple Tidbits

Alt: Ham & Swiss on Wheat
Corn Chowder

SUNDAY

Oatmeal
Egg and Ham Bake
Donut Holes
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Beef Shepards Pie
Herbed Corn
Wheat Bread
Angel Food Cake w/ Strawberries

Alt: Baked Chicken Breast

Spaghetti w/Meatsauce
Italian Veggies
Garlic French Bread
Fresh Honeydew Cubes

Alt: Breaded Cod on a Bun

Menus subject to change