

Week Two – Spring/Summer 2016

2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Cream of Wheat OR Cold Cereal Boiled Egg Toast	Assorted Juice Rolled Oats OR Cold Cereal Poached Egg Toast or Muffin	Assorted Juice Oat Bran OR Cold Cereal French Toast with Syrup Sausage	Assorted Juice Red River OR Cold Cereal Scrambled Egg Raisin Toast	Assorted Juice Oat Bran OR Cold Cereal Boiled Egg Toast or Cinnamon Bun	Assorted Juice Cream of Wheat OR Cold Cereal Fried Egg Toast	Assorted Juice Oatmeal OR Cold Cereal Poached Egg Toast
LUNCH	Beef Vegetable Rice Soup Chicken Nuggets Plum Sauce Tator Tots OR Assorted Sandwiches Corn Salad Seasonal Fresh Fruit	Cheddar Potato Soup Shaved Corn Beef Sandwich with Mustard Mayo OR Assorted Sandwiches Dill Pickles Mandarin Oranges	Italian Wedding Soup Caprese Quiche OR Assorted Sandwiches Tossed Salad with Italian Dressing Seasonal Fresh Fruit	Corn Chowder Soup Sliced Chicken Sandwich with Dijon Mustard on Multigrain Bread OR Assorted Sandwiches Committee Salad Pineapple Jell-O with Whipped Topping	Chicken Gumbo Soup Macaroni & 3 Cheese Casserole OR Assorted Sandwiches Tomato Slices Diced Pears	New England Clam Chowder Fruit Salad Plate: Cottage Cheese, Seasonal Fresh Fruit, buttered Raisin Bread OR Assorted Sandwiches Ice Cream	Alphabet Soup Shaved Ham Sandwich with Honey Mustard OR Assorted Sandwiches Pickled Beets Butterscotch Pudding with Whipped Topping
DINNER	Lasagna OR Veal Cutlet/Gravy Mashed Potatoes Garlic Stick Steamed Broccoli Assorted Bread/Bun Mini Donuts with Cinnamon Sugar	Pork Stirfry OR Stuffed Salmon Rice Pilaf Carrot Coins Assorted Bread/Bun Vanilla Cherry Tart with Whipped Topping	Chicken Burger with Lettuce, Tomato French Fries OR Cheese Ravioli in Rose Sauce Garlic Toast Caesar Salad Ambrosia	Baked Ham OR Roast Beef & Gravy Mashed Potatoes Cauliflower & Cheese Sauce Assorted Bread/Bun Peach Slices	Herb Crusted Tilapia Fish with Tartar Sauce OR Meatballs in Gravy Mashed Potatoes Mixed Vegetables Assorted Bread/Bun Rhubarb Coffee Cake	Veal Cutlet with Gravy Parsley Steamed Potatoes OR Ham & Vegetable Gratin Green Beans Assorted Bread/Bun Date Square	Oven Baked Chicken OR BBQ Pork Ribbet Potato Wedges Buttered Peas Assorted Bread/Bun Cheesecake with Blueberry Sauce

Peanut Butter available at Breakfast

Week Three Spring/Summer 2016

3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST		Assorted Juice Oat Bran OR Cold Cereal Sausage Toast	Assorted Juice Red River Cereal OR Cold Cereal Boiled Egg Raisin Toast	Assorted Juice Oatmeal OR Cold Cereal Scrambled Egg Toast	Assorted Juice Cream of Wheat OR Cold Cereal Bacon Pancake/Syrup	Assorted Juice Oat bran OR Cold Cereal Poached Egg Muffin or Toast	Assorted Juice Oatmeal OR Cold Cereal Boiled Egg Toast	Assorted Juice Cream of Wheat OR Cold Cereal Scrambled Egg Toast (Bacon taken off the menu)
	LUNCH	Borscht Lazy Cabbage Roll Casserole & a Bun OR Assorted Sandwiches Tossed Salad with Ranch Dressing Traditional Fruit Cocktail	Cream of Chicken Soup Bacon & Pineapple Pizza Bun OR Assorted Sandwiches Caesar Salad (no Bacon) Peaches	Beef Vegetable Soup Dilly Tuna Salad Sandwich OR Assorted Sandwiches Asian Coleslaw Kiwi Cream Cheese Tart	Butternut Squash Soup Fruit Salad Plate: Cottage Cheese, Sliced Seasonal Fresh Fruit & Lemon Loaf OR Assorted Sandwiches Tomato Slices Peach Jell-O with Whipped Topping	Chicken Noodle Soup Spinach Quiche OR Assorted Sandwiches Tossed Salad with Italian Dressing Seasonal Fresh Fruit	Cream of Vegetable Soup Smoked Turkey with Cranberry Mayo on Multigrain Bread OR Assorted Sandwiches Dilly Cucumber Salad Tropical Fruit Cocktail	Minestrone Soup Grilled Swiss Cheese Sandwich OR Assorted Sandwiches Pear & Romaine Salad Seasonal Fresh Fruit
		DINNER	Meatloaf & Gravy OR Pork Cutlet with Applesauce Cheese & Green Onion Mashed Potato Glazed Carrots Assorted Bread/ Bun Iced Banana Cake	Baked Tilapia with Dill Sauce OR Teriyaki Chicken Oven Roasted Potatoes Garden Mixed Veg Assorted Bread/ Bun Chocolate Pudding with Whipped Topping	Sliced Roast Beef/Gravy OR Vegetarian Strata Garlic Mashed Potatoes Broccoli & Cheese Sauce Assorted Bread/Bun Diced Pears	Chicken Thigh with Cranberry Sauce OR Pork Chop with Mushroom Gravy Parsley Mashed Buttered Corn Assorted Bread/Bun Mandarin Oranges	Pulled Pork on a Bun OR Fish Fillet with Hollandaise Sauce Sweet Potato Fries Creamy Coleslaw Assorted Bread/Bun Ice Cream	Sweet 'n' Sour Beef OR Baked Chicken Rice Pilaf California Mixed Vegetables Assorted Bread/Bun Carrot Cake with Cream Cheese Icing

Peanut Butter available at Breakfast

Week One Spring/Summer 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Red River Cereal OR Cold Cereal Poached Egg Toast	Assorted Juice Cream of Wheat OR Cold Cereal Sausage Pancakes/Syrup	Assorted Juice Oatmeal OR Cold Cereal Scrambled Egg Raisin Toast	Assorted Juice Oat Bran OR Cold Cereal Boiled Egg Toast or Muffin	Assorted Juice Cream of Wheat OR Cold Cereal Fried Egg Toast	Assorted Juice Oatmeal OR Cold Cereal Poached Egg Toast	Assorted Juice Oat Bran OR Cold Cereal Scrambled Eggs Bacon Toast
LUNCH	Fiesta Chicken Soup Tuna Melt OR Assorted Sandwiches Caesar Salad Seasonal Fresh Fruit	Cream of Broccoli Cheddar Soup Devilled Egg Salad Sandwich on Multigrain Bread OR Assorted Sandwiches Spinach Salad with Strawberries and Poppysed Dressing Rice Krispie Square	Beef Noodle Soup Fruit Salad Plate: Cottage Cheese, Fresh Seasonal Fruit, Muffin OR Assorted Sandwiches Lemon Pudding	Cream of Mushroom Soup Shaved Roast Beef Sandwich with Horseradish Mayo OR Assorted Sandwiches Cucumber Slices Peach Crisp	Turkey Rice Soup Baked Beans with a Herb Biscuit OR Assorted Sandwiches Tossed Salad with Ranch Dressing Diced Pears	Cream of Tomato Soup Chicken Salad Sandwich OR Assorted Sandwiches Red Cabbage Slaw Mandarin Oranges	Country Vegetable Soup Grilled Ham & Cheese Sandwich OR Assorted Sandwiches Tomato Slices Banana Pudding with Whipped Topping
DINNER	Lemon Chicken OR Oven Baked Parmesan Fish Rice Pilaf Oriental Mixed Veg Assorted Bread/Bun Lime Jell-O with Whipped Topping	Swedish Meatballs OR Turkey Meatloaf with Poultry Gravy & Cranberry Sauce Mashed Potatoes Mixed Vegetables Assorted Bread/Bun Baked Cinnamon Apples	Roast Pork & Gravy Mashed Sweet Potatoes OR Rotini Pasta with Alfredo Sauce Cut Green Beans Assorted Bread/ Bun Traditional Fruit Cocktail	BBQ Chicken OR Corned Beef with Mustard Potato Salad Buttered Corn Assorted Bread/Bun Seasonal Fresh Fruit	English Style Fish with Tartar Sauce OR Cheeseburger/Bun French Fries Creamy Coleslaw Assorted Bread/Bun Rainbow Cake	Kielbasa OR Liver & Onions Perogies & Sour Cream Braised Sauerkraut Assorted Bread/Bun Grasshopper Square with Whipped Topping	Roast Beef/Gravy Horseradish OR Baked Chicken Whipped Potatoes Mashed, Buttered Turnip Assorted Bread/ Bun Fruit Pie

Peanut Butter available at Breakfast