

SAMPLE MENU

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Scrambled Eggs Bacon Strips Hot Pancakes & Syrup	Ham & Cheese Omelet Fried Potatoes & Onions Raisin Bread & Apple Butter	Eggs Benedict Sausage Links Assorted Danish	Biscuit w/ Sausage Gravy Eggs to Order Bagel w/ Cream Cheese	Poached Egg Bacon Strips Cinnamon Rolls	Scrambled Eggs Sliced Ham French Toast	Fried Egg & Cheese Croissant Sausage Links Banana Bread
	Hot Oatmeal Fresh Fruit & Yogurt Assorted Cold Cereals Toast w/ Butter & Jelly Egg Beaters by Request	Hot Cream of Wheat Honeydew Melon Assorted Cold Cereals Toast w/ Butter & Jelly Egg Beaters by Request	Hot Oatmeal Grapefruit Half Assorted Cold Cereals Toast w/ Butter & Jelly Egg Beaters by Request	Hot Cream of Wheat Tropical Fruit Cup Assorted Cold Cereals Toast w/ Butter & Jelly Egg Beaters by Request	Hot Oatmeal Mandarin Oranges Assorted Cold Cereals Toast w/ Butter & Jelly Egg Beaters by Request	Hot Grits Cantaloupe Assorted Cold Cereals Toast w/ Butter & Jelly Egg Beaters by Request	Hot Cream of Wheat Bananas in Orange Juice Assorted Cold Cereals Toast w/ Butter & Jelly Egg Beaters by Request
SOUP	CHICKEN ORZO SOUP	VEGETABLE SOUP	CREAM OF BROCCOLI	BEEF LENTIL SOUP	CLAM CHOWDER	TOMATO & RICE SOUP	CHICKEN NOODLE SOUP
L U N C H	Lemon Pepper Salmon Red Bliss Potatoes Seasoning Green Beans Garden or Spinach Salad Sliced Fresh Fruit	Hot Roasted Turkey Stuffing & Gravy Mashed Potatoes Buttered Asparagus Garden or Spinach Salad Sliced Fresh Fruit	Vegetable Lasagna Steamed Zucchini Garden or Spinach Salad Sliced Fresh Fruit	Chicken & Broccoli Alfredo French Blend Vegetables Garden or Spinach Salad Sliced Fresh Fruit	Tuna Casserole Steamed Carrots Garden or Spinach Salad Sliced Fresh Fruit	Seafood Quiche Steamed Broccoli Garden or Spinach Salad Sliced Fresh Fruit	Herb Baked Swordfish Italian Green Beans Rice Pilaf Garden or Spinach Salad Sliced Fresh Fruit
2ND CHOICE	Roast Beef Sandwich	Vegetable Quiche	Rueben Sandwich Potato Chips	Tomato stuffed w/ Tuna Salad on Lettuce	Grilled Chicken on Caesar Salad	Garden Burger w/ Condiments Sweet Potato French Fries	Chicken Salad Wrap Corn Chips
	Vanilla Ice Cream S/F Vanilla Ice Cream	Assorted Cookies S/F Assorted Cookies	Apple Pie w/ Topping S/F Pie w/ Topping	Bread Pudding w/ Fruits S/F Bread Pudding	Chocolate Ice Cream S/F Ice Cream	Cheesecake w/ Topping S/F Cheesecake w/ Topping	Carrot Cake w/ Topping S/F Carrot Cake
	SOUP & SALAD BAR	SOUP & SALAD BAR	SOUP & SALAD BAR	SOUP & SALAD BAR	SOUP & SALAD BAR	SOUP & SALAD BAR	SOUP & SALAD BAR
D I N N E R	Chicken Parmesan Linguini Steamed Broccoli Dinner Rolls	Stuffed Pork Loin & Gravy Macaroni & Cheese Steamed Carrots Wheat Rolls	Meat Loaf Mashed Potatoes Buttered Green Peas Corn Bread	Baked Grouper Wild Rice Blend Zucchini & Yellow Squash Potato Rolls	Cornish Hens Baked Potatoes Green Beans Almondine Dinner Rolls	Fried Chicken Mashed Potatoes Seasoned Black-eyed Peas Fresh Baked Biscuit	Pineapple Glazed Ham Potatoes Au Gratin Baked Candied Yams Wheat Rolls
	ORANGES	APPLES	BANANAS	WATERMELONS	PEARS	APPLES	BANANAS
	Baked Pecan Pie S/F Pecan Pie	German Chocolate Cake S/F Chocolate Cake	Apple Pie S/F Pie	Boston Cream Pie S/F Cream Pie	Peach Melba S/F Peach Melba	Cake Rolls w/ Ice Cream S/F Cake Rolls	Lemon Meringue Pie S/F Lemon Pudding
2nd Choice	♥ Heart Healthy Grilled Chicken Breast	♥ Heart Healthy Sweet & Sour Beef	♥ Heart Healthy BBQ Chicken Breast	♥ Heart Healthy Spaghetti w/ Meat Sauce	♥ Heart Healthy Salmon Cakes	♥ Heart Healthy Grilled Liver & Onions	♥ Heart Healthy Shrimp Stir Fry
Snack	Jell-O Cup	Milkshake	Fig Newtons	Granola Bars	Graham Crackers	Fruit Cup	Vanilla Pudding