

# Week at a Glance

|                         | SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|-------------------------|--|---|---|--|---|--|---|
| <b>Breakfast</b><br>8am | <p><b>Belgian Waffle with Fresh Strawberries</b><br/><b>Bacon</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Cheddar Egg Potato Bake</b><br/><b>Toast</b><br/><b>Fresh Banana</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Pancakes</b><br/><b>Sausage Link</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Eggs O'Brien</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>French Toast</b><br/><b>Sausage Patty</b><br/><b>Peaches</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Breakfast Sandwich</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Brown Sugar Coffee Cake</b><br/><b>Scrambled Eggs with Ham</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   |
| <b>Lunch</b><br>12:00   | <p><b>Cream of Mushroom Soup</b></p> <p><b>Baked Chicken with Peaches</b><br/><b>White Rice</b><br/><b>Whole Green Beans</b></p> <p><i>Pot Roast with Vegetables</i><br/><i>White Rice</i><br/><i>Whole Green Beans</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Chocolate Cream Pie</b><br/>Choice of Beverage</p>                            | <p><b>Cream of Carrot Soup</b></p> <p><b>Asian Beef with Broccoli</b><br/><b>White Rice</b><br/><b>Summer Squash Saute</b></p> <p><i>Apricot Dijon Chicken</i><br/><i>Rice Pilaf</i><br/><i>Summer Squash Saute</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Pineapple Tapioca Pudding</b><br/>Choice of Beverage</p> | <p><b>Sweet Potato Soup</b></p> <p><b>Salisbury Steak with Gravy</b><br/><b>White Rice</b><br/><b>Broccoli Spears</b></p> <p><i>Roast Pork Shoulder</i><br/><i>Scalloped Potatoes</i><br/><i>Broccoli Spears</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Smore's Bar</b><br/>Choice of Beverage</p>              | <p><b>Chicken and Rice Soup</b></p> <p><b>Apricot Glazed Ham</b><br/><b>White Rice</b><br/><b>Spinach with Garlic</b></p> <p><i>BBQ Chicken</i><br/><i>Baked Sweet Potato</i><br/><i>Spinach with Garlic</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Sherbet</b><br/>Choice of Beverage</p> | <p><b>Minestrone Soup</b></p> <p><b>Garden Meat Loaf</b><br/><b>White Rice</b><br/><b>Brussels Sprouts with Bacon</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Dry Rub Seasoned Chicken</i><br/><i>Mashed Potatoes</i><br/><i>Corn, Sweet Onion and Tomato Salad</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Lemon Square</b><br/>Choice of Beverage</p>       | <p><b>Summery Lentil Soup</b></p> <p><b>Potato Crunch Fish</b><br/><b>Wild Rice Blend</b><br/><b>Spring Blend Vegetables</b></p> <p><i>Roast Beef with Demi Glace</i><br/><i>Dill Potatoes</i><br/><i>Spring Blend Vegetables</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Strawberry Mango Fruit Cup</b><br/>Choice of Beverage</p> | <p><b>Hearty Tomato Soup</b></p> <p><b>Citrus Turkey Breast</b><br/><b>White Rice</b><br/><b>Peas and Pearl Onions</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Shrimp Fettuccine</i><br/><i>Caesar Salad</i><br/><i>Herb Bread</i></p> <p><b>Gelatin with Whipped Topping</b><br/>Choice of Beverage</p> |
| <b>Dinner</b><br>5:00   | <p><b>Potato Cheese Soup</b><br/><b>Crackers</b></p> <p><b>Pan Seared Tuna Cakes</b><br/><b>White Rice</b><br/><b>Roasted Tomato Wedges</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>California Chicken Salad with Dressing</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Sherbet</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Chicken Noodle Soup</b></p> <p><b>Braised Chicken</b><br/><b>White Rice</b><br/><b>Herb Buttered Corn</b></p> <p><i>Tortilla Casserole with Black Beans</i><br/><i>Mexican Flag Garnish Plate</i><br/><i>Buttered Corn</i></p> <p><b>Watermelon</b><br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Roasted Red Pepper Soup</b><br/><b>Crackers</b></p> <p><b>Citrus Salmon with Mango Salsa</b><br/><b>White Rice</b><br/><b>Chopped Italian Salad</b></p> <p><i>Chef Turkey Salad with Dressing</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Peachy Chiffon Dessert</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Miso Soup</b></p> <p><b>Chicken and Vegetable Fried Rice</b><br/><b>Sweet Cucumber Salad</b><br/><b>Mini Egg Rolls</b></p> <p><i>Reuben Sandwich</i><br/><i>Sweet Cucumber Salad</i></p> <p><b>Butter Cookie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Chicken Noodle Soup</b><br/><b>Crackers</b></p> <p><b>Crispy Pork Steak</b><br/><b>White Rice</b><br/><b>Herbed Green Beans</b><br/><b>Cornbread &amp; Butter or Margarine</b></p> <p><i>Fresh Fruit, Cheese and Yogurt Plate</i><br/><i>Garden Salad with Dressing</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Assorted Ice Cream</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>New England Clam Chowder</b><br/><b>Crackers</b></p> <p><b>Asian Shrimp and Vegetable Stir Fry</b><br/><b>White Rice</b></p> <p><i>Chicken Salad Wrap</i><br/><i>Mixed Green Salad with Dressing</i></p> <p><b>Glazed Chocolate Sheet Cake</b><br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Cream of Broccoli Soup</b></p> <p><b>Chicken Chow Mein</b><br/><b>White Rice</b><br/><b>Mini Egg Rolls</b></p> <p><i>Turkey Breast Sandwich</i><br/><i>Roasted Beet Salad</i><br/><i>Oriental Blend Vegetables</i></p> <p><b>Cherry Pie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                                       |
| <b>HS Snack</b><br>7pm  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>  |

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|-------------------------|---|--|--|--|---|--|--|
| <b>Breakfast</b><br>8am | <p><b>Pancakes</b><br/><b>Bacon</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Scrambled Eggs</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>French Toast with Apples</b><br/><b>Sausage Link</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Scrambled Eggs with Ham and Cheese</b><br/><b>Toast</b><br/><b>Pears</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Waffle Strata</b><br/><b>Bacon</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Vegetable Omelet</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Baked Egg Casserole</b><br/><b>Banana Bread &amp; Butter or Margarine</b><br/><b>Peaches</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  |
| <b>Lunch</b><br>12:00   | <p><b>Hearty Onion Soup</b></p> <p><b>Baked Ham with Apple Glaze</b><br/><b>Au Gratin Potatoes</b><br/><b>Seasoned Asparagus Tips</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Country-Style Steak with Sautéed Onion Gravy</i><br/><i>White Rice</i><br/><i>Seasoned Asparagus Tips</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Snickerdoodle Cookie</b><br/>Choice of Beverage</p> | <p><b>Spring Vegetable Soup</b></p> <p><b>Beef with Mushroom Sauce</b><br/><b>White Rice</b><br/><b>Buttered Green Beans</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Chicken Parmesan with Tomato Sauce</i><br/><i>Spaghetti Noodles</i><br/><i>Buttered Green Beans</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Panna Cotta with Raspberry Sauce</b><br/>Choice of Beverage</p> | <p><b>Wonton Soup</b></p> <p><b>Turkey Cutlets with Mustard Cream Sauce</b><br/><b>Oriental Blend Vegetables</b><br/><b>Steamed White Rice</b></p> <p><i>Honey Basil Chicken</i><br/><i>Garlic Buttered Rice</i><br/><i>Broccoli Polonaise</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Frosted Brownie</b><br/>Choice of Beverage</p> | <p><b>Fresh Mushroom Bisque</b></p> <p><b>Golden Baked Chicken</b><br/><b>White Rice</b><br/><b>Mixed Vegetables</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Roasted Pit Ham</i><br/><i>Lyonnais Potatoes</i><br/><i>Mixed Vegetables</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Coconut Cream Pie</b><br/>Choice of Beverage</p> | <p><b>Cream of Carrot Soup</b></p> <p><b>Lemon Pepper Baked Fish</b><br/><b>Steamed White Rice</b><br/><b>Steamed Spinach</b></p> <p><i>Pork Steak Scallopini</i><br/><i>Orzo with Vegetables</i><br/><i>Steamed Spinach</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Peanut Butter Cookie</b><br/>Choice of Beverage</p>   | <p><b>Sweet Potato Bisque</b></p> <p><b>Broccoli Beef Stir Fry</b><br/><b>White Rice</b><br/><b>Salad Greens with Orange Biscuit &amp; Butter or Margarine</b></p> <p><i>Cheese Enchiladas</i><br/><i>Spanish Rice</i><br/><i>Black Bean Salad</i></p> <p><b>Frosted Marble Cake</b><br/>Choice of Beverage</p>                        | <p><b>Chicken Noodle Soup</b></p> <p><b>Mediterranean Style Fish</b><br/><b>Glazed Carrots</b><br/><b>White Rice</b></p> <p><i>Southern Fried Chicken</i><br/><i>Buttermilk Mashed Potatoes</i><br/><i>Glazed Carrots</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Cherry Orchard Bar</b><br/>Choice of Beverage</p>           |
| <b>Dinner</b><br>5:00   | <p><b>Baked Potato Soup</b></p> <p><b>Honey Lime Pork Loin</b><br/><b>White Rice</b><br/><b>Marinated Cauliflower with Crisp Greens</b></p> <p><i>Parmesan Crusted Chicken Sandwich</i><br/><i>Macaroni Salad</i></p> <p><b>Oatmeal Raisin Cookie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Summer Squash Bisque</b><br/><b>Crackers</b></p> <p><b>Panko Dijon Chicken</b><br/><b>White Rice</b><br/><b>Fresh Zucchini Salad</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Krab Salad Plate</i><br/><i>Watermelon</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Gelatin Cubes with Whipped Topping</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                               | <p><b>Creamy Tomato Basil Soup</b><br/><b>Crackers</b></p> <p><b>Batter Dipped Fish</b><br/><b>White Rice</b><br/><b>Mixed Pepper Slaw</b></p> <p><i>Cheeseburger on a Bun with Lettuce, Tomato &amp; Onion</i><br/><i>Confetti Coleslaw</i><br/><i>Tater Tots</i></p> <p><b>Orange Chiffon Cake</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                 | <p><b>Asian Noodle Soup</b></p> <p><b>Pork Chow Mein</b><br/><b>White Rice</b><br/><b>Fresh Fruit Cup</b></p> <p><i>Beef Chili</i><br/><i>Tossed Salad with Dressing</i><br/><i>Cornbread &amp; Butter or Margarine</i></p> <p><b>Crispy Rice Bar</b><br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>White Bean Soup</b></p> <p><b>Asian Beef with Broccoli</b><br/><b>White Rice</b><br/><b>Sautéed Baby Bok Choy</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Stuffed Potato with Steak and Cheese</i><br/><i>Green Pea and Red Onion Salad</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Cinnamon Bread Pudding with Creme</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>New England Clam Chowder</b><br/><b>Crackers</b></p> <p><b>Lemon Baked Salmon Filet</b><br/><b>White Rice</b><br/><b>Cucumber Dill Salad</b></p> <p><i>All-Beef Hot Dog on a Bun</i><br/><i>Sweet and White Potato Spears</i><br/><i>Vegetarian Baked Beans</i></p> <p><b>Melon Medley</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Garden Vegetable Soup</b><br/><b>Crackers</b></p> <p><b>Roast Turkey</b><br/><b>White Rice</b><br/><b>Green and Gold Beans</b><br/><b>Garlic Bread</b></p> <p><i>Tuna Salad on Croissant</i><br/><i>Green and Gold Bean Salad</i><br/><i>Potato Chips</i></p> <p><b>Chocolate Pudding with Topping</b><br/>Milk<br/>Coffee / Tea / Decaf</p> |
| <b>HS Snack</b><br>7pm  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>   |

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| <b>Breakfast</b><br>8am | <p><b>Western Omelet</b><br/><b>Sausage Patty</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Scrambled Eggs with Ham</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Blueberry Buttermilk Pancake</b><br/><b>Casserole</b><br/><b>Breakfast Meat of Choice</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Cheese Omelet</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Belgian Waffle</b><br/><b>Breakfast Meat of Choice</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>English Muffin Egg Sandwich</b><br/><b>Tropical Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Biscuit with Sausage Gravy</b><br/><b>Choice of Egg</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  |
| <b>Lunch</b><br>12:00   | <p><b>Old Fashioned Cabbage Soup</b></p> <p><b>Roasted Turkey Breast</b><br/><b>White Rice</b><br/><b>Sautéed Broccoli Spears</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Cornflake Crumb Fish Fillet</i><br/><i>Onion Souffle</i><br/><i>Sautéed Broccoli Spears</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Fresh Strawberry Shortcake</b><br/>Choice of Beverage</p> | <p><b>Carrot and Ginger Soup</b></p> <p><b>Chicken &amp; Vegetable Stir Fry</b><br/><b>Seasoned Peas</b><br/><b>Seasoned Rice</b></p> <p><i>Smothered Pork Chop</i><br/><i>Herbed Rice</i><br/><i>Buttered Carrots</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Frosted Spice Cake</b><br/>Choice of Beverage</p> | <p><b>Chicken Gumbo Soup</b></p> <p><b>Herb Crusted Cod</b><br/><b>White Rice</b><br/><b>Skillet Green Beans</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Country Fried Steak</i><br/><i>Whipped Potatoes</i><br/><i>Skillet Green Beans</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Apple Pie</b><br/>Choice of Beverage</p>            | <p><b>Split Pea Soup</b></p> <p><b>Beef Stroganoff</b><br/><b>Parslied Noodles</b><br/><b>Parslied Baby Carrots</b></p> <p><i>Cheese Lasagna</i><br/><i>House Salad with Dressing</i><br/><i>Breadstick &amp; Butter or Margarine</i><br/><i>Seasoned Spinach</i></p> <p><b>Vanilla Ice Cream</b><br/>Choice of Beverage</p>                             | <p><b>Creamy Spinach Soup</b></p> <p><b>Grilled Chicken with Mango Salsa</b><br/><b>Wild Rice Blend</b><br/><b>Zucchini and Yellow Squash</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Tangy and Sweet Glazed Pork Loin</i><br/><i>Wild Rice Blend</i><br/><i>Zucchini and Yellow Squash</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Fudgy Brownie</b><br/>Choice of Beverage</p> | <p><b>Cream of Broccoli Soup</b></p> <p><b>Mustard Dill Baked Fish</b><br/><b>White Rice</b><br/><b>Sugar Snap Peas</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Lemon Chicken</i><br/><i>Baked Sweet Potato</i><br/><i>Sugar Snap Peas</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Poke Cake</b><br/>Choice of Beverage</p> | <p><b>California Cream Soup</b></p> <p><b>Shrimp and Pineapple Stir Fry</b><br/><b>White Rice</b><br/><b>Soft Fried Noodles</b><br/><b>Fresh Carrots and Cauliflower</b></p> <p><i>Pot Roast With Wine Sauce</i><br/><i>Smashed Potatoes</i><br/><i>Fresh Carrots and Cauliflower</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Fresh Fruit Cup</b><br/>Choice of Beverage</p> |
| <b>Dinner</b><br>5:00   | <p><b>White Bean Soup</b><br/><b>Crackers</b></p> <p><b>Citrus BBQ Chicken</b><br/><b>White Rice</b><br/><b>Southwest Salad with Dressing</b><br/><b>Steamed Mixed Vegetables</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Classic BLT Sandwich</i><br/><i>Potato Salad</i><br/><i>Potato Chips</i></p> <p><b>Brown Butter Blondie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                  | <p><b>Cream of Sweet Potato Soup</b></p> <p><b>Pork and Vegetable Stir Fry</b><br/><b>Steamed White Rice</b><br/><b>Asian Slaw</b></p> <p><i>BBQ Beef on a Bun</i><br/><i>French Fries</i><br/><i>Summertime Coleslaw</i></p> <p><b>Sugar Cookie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Baked Potato Soup</b><br/><b>Crackers</b></p> <p><b>Turkey a la King over</b><br/><b>White Rice</b><br/><b>Fresh Broccoli and Cauliflower</b></p> <p><i>Egg Salad Plate with Tomatoes, Olives and a Pickle Spear</i><br/><i>Fresh Fruit Cup</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Peanut Butter Cookie</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Cauliflower Soup</b><br/><b>Crackers</b></p> <p><b>Krab Cake</b><br/><b>White Rice</b><br/><b>Country Tomato Salad</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Virginian Sandwich</i><br/><i>Old Bay Seasoned Fries</i><br/><i>Country Tomato Salad</i></p> <p><b>Black Forest Cake</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Chicken Barley Soup</b><br/><b>Crackers</b></p> <p><b>Mushroom and Asparagus</b><br/><b>Frittata</b><br/><b>Steamed White Rice</b><br/><b>Garden Pasta Salad</b></p> <p><i>Deli Sandwich</i><br/><i>Garden Pasta Salad</i><br/><i>Potato Chips</i></p> <p><b>Melon Medley</b><br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Garden Vegetable Soup</b></p> <p><b>Roast Beef</b><br/><b>Mashed Potatoes</b><br/><b>Roasted Fresh Vegetables</b><br/><b>Beef Mushroom Gravy</b></p> <p><i>Spaghetti with Meatballs</i><br/><i>Mixed Green Salad with Dressing</i><br/><i>Garlic French Bread</i></p> <p><b>Fruited Gelatin Salad</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                     | <p><b>Hearty Onion Soup</b><br/><b>Crackers</b></p> <p><b>Breaded Chicken Patty</b><br/><b>White Rice</b><br/><b>Corn O'Brien</b></p> <p><i>Honey Lime Turkey Fajita Salad</i><br/><i>Fresh Seasonal Fruit</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Mixed Berry Pie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>   |
| <b>HS Snack</b><br>7pm  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  |

# Week at a Glance

|                         | SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|-------------------------|---|--|---|---|---|--|--|
| <b>Breakfast</b><br>8am | <p><b>Pancakes</b><br/><b>Ham Slice</b><br/><b>Hot or Cold Cereal</b><br/><b>Seasonal Fruit</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Cheese, Bacon and Egg Strata</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Waffles</b><br/><b>Breakfast Meat of Choice</b><br/><b>Fresh Banana</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Potato and Onion Omelet</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Cinnamon French Toast</b><br/><b>Bacon</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Monterey Egg Bake</b><br/><b>Toast</b><br/><b>Fresh Banana</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Fried Egg</b><br/><b>Hash Browns</b><br/><b>Toast</b><br/><b>Seasonal Fruit</b><br/><b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   |
| <b>Lunch</b><br>12:00   | <p><b>Chicken Orzo Soup</b></p> <p><b>Roasted Chicken Quarters</b><br/><b>White Rice</b><br/><b>Seasoned Brussels Sprouts</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Honey Roasted Pork Medallions</i><br/><i>Paprika Rice</i><br/><i>Seasoned Brussels Sprouts</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Pudding Parfait</b><br/>Choice of Beverage</p> | <p><b>Fresh Mushroom Bisque</b></p> <p><b>Marinated Pork Cutlet</b><br/><b>White Rice</b><br/><b>Whole Green Beans</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Strawberry Balsamic Chicken</i><br/><i>Carrot Coins with Thyme</i><br/><i>Whole Green Beans</i><br/><i>Parmesan Bread</i></p> <p><b>Frosted Peanut Butter Cake</b><br/>Choice of Beverage</p>              | <p><b>Corn Chowder</b></p> <p><b>Fillet of Fish with Lemon Butter</b><br/><b>Lentils and Vegetables</b><br/><b>Sautéed Fresh Broccoli</b><br/><b>White Rice</b></p> <p><i>Spiral Baked Ham</i><br/><i>Lentils and Vegetables</i><br/><i>Sautéed Fresh Broccoli</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Banana Pineapple Dessert</b><br/>Choice of Beverage</p> | <p><b>Cream of Celery Soup</b></p> <p><b>Vegetable Lo Mein with Crispy Tofu</b><br/><b>White Rice</b><br/><b>Mini Egg Rolls</b></p> <p><i>Tomato Swiss Steak</i><br/><i>Garden Rice</i><br/><i>Garlic Roasted Fresh Cauliflower</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Apple Pecan Bar</b><br/>Choice of Beverage</p>   | <p><b>Miso Soup</b></p> <p><b>Catch of the Day</b><br/><b>White Rice</b><br/><b>Seasoned Baby Carrots</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Roast Beef Au Jus</i><br/><i>Rissole Potatoes</i><br/><i>Seasoned Baby Carrots</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Pudding Parfait</b><br/>Choice of Beverage</p>               | <p><b>Cream of Asparagus Soup</b></p> <p><b>Chicken Teriyaki</b><br/><b>White Rice</b><br/><b>Roasted Fresh Beets</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Black Bean and Vegetable Fajitas</i><br/><i>Corn, Sweet Onion and Tomato Salad</i></p> <p><b>Caramel Cake</b><br/>Choice of Beverage</p>  | <p><b>Harvest Vegetable Soup</b></p> <p><b>Rosemary Roast Pork</b><br/><b>White Rice</b><br/><b>Spring Blend Vegetables</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Crispy Lemon Herb Turkey Cutlets</i><br/><i>Creamy Potato Casserole</i><br/><i>Spring Blend Vegetables</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Strawberry Topped Cheesecake</b><br/>Choice of Beverage</p> |
| <b>Dinner</b><br>5:00   | <p><b>Manhattan Clam Chowder</b></p> <p><b>Beer Battered Cod</b><br/><b>White Rice</b><br/><b>Creamy Coleslaw</b></p> <p><i>Sloppy Joe on a Bun</i><br/><i>French Fries</i><br/><i>Creamy Coleslaw</i></p> <p><b>Sherbet Cup</b><br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Tuscan Potato Soup</b><br/><b>Crackers</b></p> <p><b>Braised Beef Tips</b><br/><b>White Rice</b><br/><b>Grilled Zucchini</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Classic Cobb Salad with Dressing</i><br/><i>Fresh Fruit Cup</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Panna Cotta with Citrus</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Hearty Tomato Soup</b></p> <p><b>Crunchy Ranch Chicken</b><br/><b>White Rice</b><br/><b>Steamed Spinach</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Cheese Pizza</i><br/><i>Creamy Tri-Color Pasta</i><br/><i>Garden Salad with Dressing</i></p> <p><b>Double Chocolate Chip Cookie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                                | <p><b>Vegetable Beef Soup</b><br/><b>Crackers</b></p> <p><b>BBQ Shredded Pork Sandwich</b><br/><b>White Rice</b><br/><b>Spiced Sweet Potato Spears</b><br/><b>Ambrosia</b></p> <p><i>Bistro Chicken Salad and Fresh Fruit Plate</i><br/><i>Vegetable Beef Soup</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Frosted Carrot Cake</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Savory Mushroom Soup</b><br/><b>Crackers</b></p> <p><b>Turkey a la King over</b><br/><b>White Rice</b><br/><b>Green and Gold Beans</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Ham and Swiss on Croissant</i><br/><i>Green and Yellow Bean Salad</i><br/><i>Watermelon Salad with Mint</i></p> <p><b>Peach Pie</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Cream of Asparagus Soup</b><br/><b>Crackers</b></p> <p><b>Classic Meat Loaf</b><br/><b>White Rice</b><br/><b>Peas and Pearl Onions</b><br/><b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Tuna Tortellini Salad Plate</i><br/><i>Cream of Asparagus Soup</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Blueberry Melon Toss</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>White Bean Soup</b></p> <p><b>Eggplant Parmesan</b><br/><b>White Rice</b><br/><b>Marinated Cucumbers</b><br/><b>Breadstick &amp; Butter or Margarine</b></p> <p><i>Steak, Onion and Cheese Submarine</i><br/><i>Marinated Cucumbers</i></p> <p><b>Melon Medley</b><br/>Milk<br/>Coffee / Tea / Decaf</p>   |
| <b>HS Snack</b><br>7pm  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>   |

# Week at a Glance

|                         | SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|-------------------------|---|---|---|---|---|--|---|
| <b>Breakfast</b><br>8am | <p><b>Zesty Orange French Toast</b><br/> <b>Breakfast Meat of Choice</b><br/> <b>Fresh Banana</b><br/> <b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Egg and Ham Muffin Sandwich</b><br/> <b>Seasonal Fruit</b><br/> <b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Belgian Waffle</b><br/> <b>Breakfast Meat of Choice</b><br/> <b>Seasonal Fruit</b><br/> <b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Scrambled Eggs with Cheese</b><br/> <b>Toast</b><br/> <b>Seasonal Fruit</b><br/> <b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Buttermilk Pancakes</b><br/> <b>Breakfast Meat of Choice</b><br/> <b>Fresh Banana</b><br/> <b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Breakfast Brunch Casserole</b><br/> <b>Toast</b><br/> <b>Seasonal Fruit</b><br/> <b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Cinnamon Roll</b><br/> <b>Egg and Vegetable Frittata</b><br/> <b>Seasonal Fruit</b><br/> <b>Hot or Cold Cereal</b></p> <p>Choice of Juice<br/>Milk<br/>Coffee / Tea / Decaf</p>   |
| <b>Lunch</b><br>12:00   | <p><b>Lentil Barley Soup</b></p> <p><b>Chopped Steak with Demi Glace</b><br/> <b>Buttered Spinach</b><br/> <b>Cornbread &amp; Butter or Margarine</b></p> <p><i>Shrimp Scampi</i><br/><i>White Rice</i><br/><i>Buttered Spinach</i><br/><i>Breadstick &amp; Butter or Margarine</i></p> <p><b>Chocolate Raspberry Cake</b><br/>Choice of Beverage</p> | <p><b>Chicken Orzo Soup</b></p> <p><b>Sliced Turkey</b><br/> <b>White Rice</b><br/> <b>Roasted Sweet Potatoes</b><br/> <b>Green Beans Almondine</b><br/> <b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Beef and Macaroni Casserole</i><br/><i>Mixed Green Salad with Dressing</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Bread Pudding with Rum Sauce</b><br/>Choice of Beverage</p> | <p><b>Asian Noodle Soup</b></p> <p><b>Salmon with Lemon Caper Sauce</b><br/> <b>Orzo with Lemon and Herbs</b><br/> <b>Oriental Blend Vegetables</b><br/> <b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Garlic Marinated Pork Chop</i><br/><i>Steamed White Rice</i><br/><i>Basil Zucchini Saute</i></p> <p><b>Marbled Brownie</b><br/>Choice of Beverage</p>                               | <p><b>Creamy Onion Soup</b></p> <p><b>Chicken Fried Chicken</b><br/> <b>White Rice</b><br/> <b>Buttered Peas</b><br/> <b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Beef Ravioli with Tomato Sauce</i><br/><i>Mixed Salad Greens with Dressing</i><br/><i>Garlic Bread</i></p> <p><b>French Apple Dessert</b><br/>Choice of Beverage</p> | <p><b>Creamy Tomato Basil Soup</b></p> <p><b>Pepper Steak</b><br/> <b>Rice with Mushrooms</b><br/> <b>Parslied Fresh Carrots</b><br/> <b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Savory Roasted Chicken Leg</i><br/><i>Rice with Mushrooms</i><br/><i>Parslied Fresh Carrots</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Strawberry Ice Cream</b><br/>Choice of Beverage</p> | <p><b>Cream of Mushroom Soup</b></p> <p><b>Roast Pork Loin with Dijon Cream Sauce</b><br/> <b>White Rice</b><br/> <b>Braised Red Cabbage</b><br/> <b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Roast Beef and Cheese Sandwich</i><br/><i>Garden Pasta Salad</i><br/><i>Tossed Salad with Dressing</i></p> <p><b>Lemon Meringue Pie</b><br/>Choice of Beverage</p>                                      | <p><b>Carrot and Parsnip Soup</b></p> <p><b>Smokey Mountain Chicken</b><br/> <b>Herbed Asparagus Tips</b><br/> <b>Vegetarian Baked Beans</b></p> <p><i>Creamy Garlic Chicken</i><br/><i>White Rice</i><br/><i>Herbed Asparagus Tips</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Strawberry Crunch</b><br/>Choice of Beverage</p> |
| <b>Dinner</b><br>5:00   | <p><b>Hearty Tomato Soup</b><br/> <b>Crackers</b></p> <p><b>Sweet and Sour Chicken</b><br/> <b>Steamed White Rice</b><br/> <b>Italian Vegetable Medley</b></p> <p><i>Turkey Bacon BLT Sandwich</i><br/><i>Pasta Salad with Vegetables</i><br/><i>Potato Chips</i></p> <p><b>Assorted Cookies</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                | <p><b>Carrot and Ginger Soup</b><br/> <b>Crackers</b></p> <p><b>Asian Beef with Broccoli</b><br/> <b>White Rice</b><br/> <b>Carrots Lyonnaise</b></p> <p><i>Carrot and Ginger Soup</i><br/><i>Seafood Salad Plate</i><br/><i>Canned Fruit</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Macadamia Nut Cookie</b><br/>Milk<br/>Coffee / Tea / Decaf</p>   | <p><b>Chicken and Rice Soup</b><br/> <b>Crackers</b></p> <p><b>Open-faced Roast Beef Sandwich with Gravy</b><br/> <b>Mashed Potatoes</b><br/> <b>Seasoned Broccoli Florets</b></p> <p><i>BBQ Chickpea Salad</i><br/><i>Chicken and Rice Soup</i><br/><i>Canned Fruit of Choice</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Cherry Cake</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Summery Lentil Soup</b></p> <p><b>Ham and Cheese Quiche</b><br/> <b>White Rice</b><br/> <b>Fresh Fruit Salad</b><br/> <b>Choice of Bread &amp; Butter or Margarine</b></p> <p><i>Beef Soft Tacos</i><br/><i>Mexican Summer Salad</i></p> <p><b>Peanut Butter Mousse</b><br/>Milk<br/>Coffee / Tea / Decaf</p>                                 | <p><b>Minestrone Soup</b><br/> <b>Crackers</b></p> <p><b>Fish Sandwich</b><br/> <b>Tater Tots</b><br/> <b>Calico Coleslaw</b></p> <p><i>Berry Turkey Salad</i><br/><i>Minestrone Soup</i><br/><i>Bread or Roll &amp; Butter or Margarine</i></p> <p><b>Fresh Fruit Parfait</b><br/>Milk<br/>Coffee / Tea / Decaf</p>  | <p><b>Cream of Broccoli Soup</b><br/> <b>Crackers</b></p> <p><b>Grilled Fish with Cucumber Relish</b><br/> <b>White Rice</b><br/> <b>Herbed Asparagus Tips</b><br/> <b>Bread or Roll &amp; Butter or Margarine</b></p> <p><i>Egg Salad Sandwich on Rye</i><br/><i>Tossed Salad with Dressing</i><br/><i>Pickled Beet and Onion Salad</i></p> <p><b>Chocolate Coconut Bar</b><br/>Milk<br/>Coffee / Tea / Decaf</p> | <p><b>Chicken Noodle Soup</b></p> <p><b>Asian Chicken</b><br/> <b>Fried Rice</b><br/> <b>House Salad with Dressing</b></p> <p><i>Hamburger on a Bun with Lettuce,</i><br/><i>Tomato &amp; Onion</i><br/><i>Steak Fries</i></p> <p><b>Roasted Peaches on Pound Cake</b><br/>Milk<br/>Coffee / Tea / Decaf</p>  |
| <b>HS Snack</b><br>7pm  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>  | <p>Snack of Choice<br/>Juice</p>   | <p>Snack of Choice<br/>Juice</p>  |