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| ***Sunday*** | | ***Monday*** | | ***Tuesday*** | | ***Wednesday*** | | ***Thursday*** | | ***Friday*** | | ***Saturday*** | |
| Juice of Choice  Hot/Cold Cereal  Sausage Links  Hashbrown Potatoes Whole Wheat Toast  *Alternates Available on Request* | Juice of Choice  Hot/Cold Cereal  Yogurt or Egg  Whole Wheat Toast  *Alternates Available*  *on Request* | | Juice of Choice  Hot/Cold Cereal  Sausage Patty  English Muffin  *Alternates Available on Request* | | Juice of Choice  Prunes  Hot/Cold Cereal  Sausage Links  Pancakes with Syrup  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Peanut Butter or Egg  Bacon  Whole Wheat Toast  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Breakfast Gravy  Biscuit  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Cottage Cheese or Egg  Muffin  *Alternates Available on Request* | |
| Turkey Divan  Rice Pilaf  Seasoned Peas  Whole Wheat Roll  Frosted Cake  *Suggested Alt:*  *Cornbread Coated Fish*  *Orzo*  *Italian Vegetables* | | Chicken Piccata  Buttered Bowties  Glazed Carrots  Whole Wheat Roll  Brownie  *Suggested Alt:*  *Breaded Pork Steak*  *Gravy*  *Garlic Mashed Potatoes*  *Seasoned Peas* | | Oven Fried Fish  Tartar Sauce  Sweet Potatoes  Seasoned Broccoli  Whole Wheat Bread  Mandarin Oranges  *Suggested Alt:*  *Swedish Meatballs*  *Parsley Noodles*  *Herbed Green Beans* | | Barbecue Beef  Potato Salad  Cole Slaw  Biscuit  Peach Cobbler  *Suggested Alt:*  *Ham w/Pineapple*  *Rice*  *Mixed Vegetables* | | Herbed Pork Loin  Calico Rice  Sliced Zucchini  Whole Wheat Roll  Honeyed Pears  *Suggested Alt:*  *Liver & Onions*  *Gravy*  *Chateau Potatoes*  *Stewed Tomatoes* | | Chicken Dijon  Roasted New Potatoes  Green Bean Casserole  Whole Wheat Roll Cheesecake  *Suggested Alt:*  *French Onion Soup*  *Chef Salad*  *Dressing of Choice* | | Baked Ham  Corn Pudding  Broccoli  Texas Toast  Chocolate Cream Pie  *Suggested Alt:*  *Roast Turkey*  *Gravy*  *Mashed Potatoes*  *Crumb Top Brussels Sprouts* | |
| Stuffed Pepper Casserole  Corn O’Brien  Whole Wheat Bread  Tropical Fruit  *Suggested Alt:*  *Cream of Potato Soup*  *Grilled Ham & Cheese on Wheat Three Bean Salad* | | Hamburger on Bun  French Fries  Relish Plate  Cinnamon Apples  *Suggested Alt:*  *Tuna Patty with*  *Cream Sauce*  *Chuckwagon Corn*  *Capri Blend Vegetables* | | Tri Salad Plate  Whole Wheat Crackers  Marinated Vegetable Salad  Ice Cream  *Suggested Alt:*  *King Ranch Turkey*  *Black Beans* | | Chicken Pesto  Penne Pasta  Cauliflower w/ Red Peppers  Whole Wheat Roll  Strawberries w/ Whipped Topping  *Suggested Alt:*  *Salisbury Steak*  *Baked Potato with*  *Sour Cream*  *Seasoned Beets* | | Vegetable Soup  Roast Beef Sandwich on Wheat  Steak Fries  Relish Plate  Fruit Mix  *Suggested Alt:*  *Catch of the Day*  *Orzo*  *Spinach* | | Parmesan Fish  Herbed Rice  Pacific Blend Vegetables  Whole Wheat Bread  Fresh Apple Slices    *Suggested Alt:*  *Polish Sausage*  *Lyonnaise Potatoes*  *Sauerkraut* | | Macaroni & Cheese  Baked Tomatoes  Whole Wheat Roll  Fruit Cocktail w/ Topping  *Suggested Alt:*  *Sherry Beef Tips*  *Rice*  *Italian Vegetables* | |
| ***Sunday*** | | ***Monday*** | | ***Tuesday*** | | ***Wednesday*** | | ***Thursday*** | | ***Friday*** | | ***Saturday*** | |
| Juice of Choice  Hot/Cold Cereal  Sausage Patty  Hashbrown Potatoes  English Muffin  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Peanut Butter or Egg  Bacon  Whole Wheat Toast  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Cheesy Eggs  Biscuit  *Alternates Available on Request* | | Juice of Choice  Prunes  Hot/Cold Cereal  Cottage Cheese or Egg  Petite Cinnamon Roll  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Sausage Patty  Biscuit  *Alternates Available on Request* | | Juice of Choice Hot/Cold Cereal Yogurt or Egg  Whole Wheat Toast  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Egg  Hashbrown Potatoes  Whole Wheat Toast  *Alternates Available on Request* | |
| Meatloaf  Baked Potato  Sour Cream  Parslied Carrots  Whole Wheat Roll  Iced Pound Cake  *Suggested Alt:*  *Herb Baked Fish*  *Rice Pilaf*  *Harvard Beets* | | Breaded Fish Au Gratin  Spiral Pasta  Spinach  Whole Wheat Roll  Banana Pudding  *Suggested Alt:*  *Citrus Grilled Ham*  *Mashed Potatoes*  *Lima Beans* | | Turkey Stir Fry  Brown Rice  Whole Wheat Bread  Mandarin Oranges  *Suggested Alt:*  *Sliced Roast Beef*  *Gravy*  *Egg Noodles*  *Brussels Sprouts* | | Country Fried Steak  Gravy  Mashed Potatoes  Squash Casserole  Texas Toast  Apple Pie  *Suggested Alt:*  *Baked Fish in Lemon Butter*  *Orzo Pilaf*  *Broccoli* | | Garlic Pepper Pork Cubes  New Potatoes  Herb Green Beans  Whole Wheat Roll  Frosted Devil’s Food Cake  *Suggested Alt:*  *Marinated Chicken Breast*  *Buttered Corn*  *Spinach Salad* | | Oven Fried Fish  Cheesy Broccoli Rice  Hush Puppies  Blonde Brownie  *Suggested Alt:*  *Baked Pork Loin*  *Tricolor Spiral Pasta*  *Parslied Carrots* | | Turkey Tetrazzini  Seasoned Peas  French Bread  Ice Cream  *Suggested Alt:*  *Veal w/ Onion Gravy*  *Garlic Mashed Potatoes*  *Italian Vegetables* | |
| Chicken Tenders  Seasoned Fries  Sliced Zucchini  Sugar Cookie  *Suggested Alt:*  *Creole Pork Steak*  *Noodles*  *Red Cabbage* | | Beef Pot Pie  Italian Cut Green Beans  Whole Wheat Bread  Tropical Fruit  *Suggested Alt:*  *Cheese Pizza*  *Tossed Salad*  *Dressing of Choice* | | Pork Roast on Bun  Baked Beans  Baby Carrots  Frosted Cupcake  *Suggested Alt:*  *Fish & Chips*  *Calico Slaw* | | Chicken Tacos  Spanish Rice  Refried Beans  Emerald Pears  *Suggested Alt:*  *Pork Steak with Sour Cream*  *Lyonnaise Potatoes*  *Buttered Beets* | | Vegetable Lasagna  Tossed Salad Dressing of Choice  Garlic Bread  Strawberries w/ Whipped Topping  *Suggested Alt:*  *Chicken Noodle Soup*  *Deli Sand on Wheat*  *Relish Plate* | | BBQ Meatballs  Steak Fries  Country Cabbage  Whole Wheat Bread  Fresh Honeydew Melon  *Suggested Alt:*  *Chicken Teriyaki*  *Rice*  *Japanese Vegetables* | | Navy Bean Soup  Ham & Swiss Sandwich on Wheat  Potato Chips  Lettuce and Tomato  Pineapple Cubes  *Suggested Alt:*  *Crab Cakes*  *Crumb Noodles*  *Brussels Sprouts* | |
| ***Sunday*** | | ***Monday*** | | ***Tuesday*** | | ***Wednesday*** | | ***Thursday*** | | ***Friday*** | | ***Saturday*** | |
| Juice of Choice  Hot/Cold Cereal  Sausage Links  French Toast with Syrup  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Cottage Cheese or Egg  Whole Wheat Cinnamon Toast  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Scrambled Eggs Hashbrown Potatoes  Whole Wheat Toast  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Waffle with Syrup  Sausage Patty  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Ham & Cheese Muffin Sandwich  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Sausage Links  Pancakes with Syrup  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Yogurt or Egg  Bacon  Brown Sugar Coffee Cake  *Alternates Available on Request* | |
| Bacon Wrapped Chop Steak  Scalloped Potatoes  Spinach  Whole Wheat Roll  Frosted Cake  *Suggested At:*  *Savory Baked Chicken*  *Rice Pilaf*  *Beets* | | Country Ham & Beans  Southern Style Green Beans Cornbread  Apple Brown Betty  *Suggested Alt:*  *Beef Minute Steak*  *Gravy*  *Baked Potato*  *Sour Cream*  *Stewed Tomatoes* | | Italian Meat Sauce  Spaghetti  Italian Vegetables  Garlic Bread  Cheesecake  *Suggested Alt:*  *Salmon Patty*  *Cream Sauce*  *Roasted New Potatoes*  *Seasoned Peas* | | Oven Fried Chicken  Mashed Potatoes  Gravy  Green Bean Casserole  Biscuit  Cherry Cobbler  *Suggested Alt:*  *Sliced Ham*  *Corn*  *Cauliflower w/ Red Peppers* | | Spiced Pork Roast  Au Gratin Potatoes  Broccoli  Whole Wheat Bread  Pineapple Upside Down Cake  *Suggested Alt:*  *Beef Stroganoff*  *Buttered Noodles*  *Baby Carrots* | | Seafood Gumbo Rice  Pacific Blend Vegetables  Whole Wheat Bread  Chocolate Pudding Parfait  *Suggested Alt:*  *Honey Glazed Chicken*  *Roasted New Potatoes*  *Spinach* | | Lemon Baked Chicken  Corn O’Brien  Baked Tomatoes  Whole Wheat Roll  Cinnamon Applesauce  *Suggested Alt:*  *Green Pepper Steak*  *Oven Fried Potatoes*  *Red Cabbage* | |
| Fruit & Cottage Cheese Plate  Three Bean Salad  Muffin  Snickerdoodles  *Suggested Alt:*  *Chili w/ Cheese*  *Tater Tots* | | Vegetable Soup  Grilled Chicken on Bun  Relish Plate  Strawberries & Bananas  *Suggested Alt:*  *Baked Fish*  *Paprika Rice*  *Succotash* | | Cheese Enchilada Casserole  Mexican Rice  Black Beans  Mandarin Oranges  *Suggested Alt:*  *Pork Roast on Bun*  *Vegetable Pasta Salad* | | Corned Beef  Diced Potatoes  Sauerkraut  Whole Wheat Roll  Sherbet  *Suggested Alt:*  *Fish Sticks*  *Tartar Sauce Macaroni & Cheese*  *Sliced Zucchini* | | Turkey Pot Pie Parmesan Tomato Half  Whole Wheat Roll  Ambrosia Deluxe w/ Whipped Topping  *Suggested Alt:*  *Minestrone Soup*  *Pimiento Cheese Sandwich*  *Cucumber w/ Ranch Dressing* | | Hamburger on Bun  Baked Beans  Relish Plate  Chilled Peaches  *Suggested Alt:*  *Herbed Pork Cubes*  *Parslied Bowties*  *Peas w/ Mushrooms* | | Cheese Ravioli & Marinara  Tossed Salad  Dressing of Choice  Breadstick  Strawberries w/  Whipped Topping  *Suggested Alt:*  *Crumb Topped Baked Fish*  *Brown Rice Pilaf*  *Brussels Sprouts* | |
| ***Sunday*** | | ***Monday*** | | ***Tuesday*** | | ***Wednesday*** | | ***Thursday*** | | ***Friday*** | | ***Saturday*** | |
| Juice of Choice  Hot/Cold Cereal  Peanut Butter or Egg  English Muffin  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Sausage Patty  Petite Cinnamon Roll  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Breakfast Ham  Hashbrown Potatoes  Whole Wheat Toast  *Alternates Available on Request* | | Juice of Choice  Prunes  Hot/Cold Cereal  Yogurt or Egg  Bacon  Whole Wheat Toast  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Pancakes with Syrup  Sausage Patty  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Egg  Hashbrown Potatoes  Whole Wheat Toast  *Alternates Available on Request* | | Juice of Choice  Hot/Cold Cereal  Breakfast Gravy  Biscuit  *Alternates Available on Request* | |
| Beef Pot Roast  Potatoes & Onions  Celery & Carrots  Whole Wheat Roll  Coconut Cream Pie  *Suggested Alt:*  *Baked Fish with Tarragon*  *Garlic Butter Rice*  *Roasted Broccoli* | | Seasoned Tilapia  Creamy Dill Sauce  Penne Pasta  Summer Squash  Whole Wheat Roll  Lime Parfait Square  *Suggested Alt:*  *Chicken and Spinach Salad*  *Dressing of Choice*  *Muffin* | | Roast Beef Steak Fries  Seasoned Peas  Whole Wheat Bread  Apple Crisp  *Suggested Alt:*  *Peachy Pork Steak Parmesan Noodles*  *Seasoned Beets* | | Chicken Breast Supreme  Orzo with Peas  Broccoli  Whole Wheat Roll  Brownie  *Suggested Alt:*  *Baked Cod with Lemon Sauce*  *Succotash*  *Seasoned Carrots* | | Lasagna  Italian Vegetables  Garlic Bread  Cheesecake  *Suggested Alt:*  *Pork & Vegetable Stir Fry*  *Rice* | | Baked Fish Mediterranean  Garlic Mashed Potatoes  Carrots Lyonnaise  Hush Puppies  Lemon Whip  *Suggested Alt:*  *Barbecued Chicken Baked Beans*  *Cole Slaw* | | Baked Glazed Ham  Crispy Sweet Potato Cubes  Cauliflower  Cornbread Muffin  Spiced Peaches  *Suggested Alt:*  *Beef Minute Steak*  *Gravy*  *Parslied Rice*  *Beets* | |
| Chicken and Dumplings  Green Beans  Biscuit  Fruit Cocktail  *Suggested Alt:*  *Grilled Ham*  *Sweet Potatoes*  *Cauliflower* | | Honey Mustard Pork Loin  Red Bliss Potatoes  Capri Blend Veggies  Whole Wheat Bread  Seasonal Fresh Fruit  *Suggested Alt:*  *Cabbage Beef Casserole*  *Tossed Salad*  *Dressing of Choice* | | Cheese Quesadilla Fiesta Rice  Pinto Beans  Caramel Cake  *Suggested Alt:*  *Beer Batter Fish*  *Corn*  *Onion Rings* | | Beef Barley Soup  Ham Sandwich on Wheat Bread  Three Bean Salad  Relish Plate  Rosy Pears  *Suggested Alt:*  *Mushroom Chopped Steak w/ Gravy*  *Mashed Potatoes*  *Spinach* | | Turkey a la King  Wheat Toast Points  Roasted New Potatoes  Brussels Sprouts  Mandarin Oranges  *Suggested Alt:*  *Hearty Vegetable Soup*  *Grilled Cheese & Tomato on Wheat*  *Celery Sticks w/ Dressing* | | Sauteed Veal w/ Veggies  Parslied Bowties  Whole Wheat Bread  Fruit Cocktail with Topping  *Suggested Alt:*  *Sausage w/Onion Sandwich*  *Baked Potato Wedges* | | Veggie Burger w/ Cheese on Bun  Tater Tots  Lettuce & Tomato  Ice Cream  *Suggested Alt:*  *Tuna Noodle Casserole*  *Stewed Tomatoes* | |