

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Buttermilk Pancakes	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams
Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
			Whole Wheat Toast			Bacon

LUNCH						
Rosemary Chicken	Oktoberfest Sausage	Liver & Onions w/Bacon	Pork Loaf	Veal Cutlet	Southern Style Fried Chicken	Pulled Pork on WW Bun
Stuffed Potatoes	Mashed Potatoes	Garlic Mashed Potatoes	Baked Sweet Potato Wedges	Rice Pilaf	Baked Sweet Potato Wedges	Carrot Raisin Salad
Julienne Parsley Carrots	Buttered Cabbage	Cauliflower & Peas	Creamy Cabbage & Apple Salad	Fall Medley Vegetables	Seasoned Zucchini	Brown Gravy
Raspberry Gelatin	Ice Cream Sandwich	Butterscotch Pudding	Cherry Cheesecake	Cranberry Apple Crisp	Poultry Gravy	Lemon Meringue Pie
Vegetable & Cheese Omelette	Shrimp Alfredo Rotini	Rotisserie Chicken Leg	Cheese & Veg Pasta Mornay	Salmon Broccoli Quiche	Chocolate Mousse	Meatballs w/Tomato Sc
Tossed Salad	California Vegetables	Tator Tots	Florentine Veg Mix	Tossed Salad	Grilled Reuben Sandwich	Lemon Herb Orzo
Potato Roll	Chilled Tropical Fruit	Creamy Spinach	Chilled Diced Pears	Chilled Diced Peaches	Homemade Pickled Beets	Italian Mixed Vegetables
Apricot Halves		Fruit Cocktail			Mixed Berries	Brown Gravy
						Chilled Pineapple

DINNER						
Ham, Bean & Vegetable Soup	Vegetable Florentine Soup	English Garden Soup	Garden Vegetable Soup	Borscht Soup	Chicken Noodle Soup	Tomato Basil Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Philly Cheese Steak Sandwich	Beef Lasagna	Captain Burger on WW Bun	Hot Turkey Sndw on WW w/Gravy	Breaded Chicken Strips	Turkey & Ham Chef Salad Bowl	Egg Salad Sndw on Croissant
Sunrise Vegetables	Broccoli Florets	Shredded Lettuce	Green Peas	xPotato Coins	Garlic Bread	Caesar Salad
Mandarin Oranges	Chilled Apple Slices	Creamy Cucumber Salad	Mango	Mixed Salad with Italian Dressing	Melon Slices	Strawberries
Tuna Salad Plate	Turkey Sandwich w/Cranberry Mayo	Tartar Sauce	Pesto Egg Salad Sandwich on WW	Plum Sauce	Vegetable Spring Roll	Vegetable Pizza
Buttered WW Bread	Mixed Green Salad	Chilled Apricots	Creamy Cucumber Salad	Fruit Cocktail	Fried Rice	Seven Bean Salad
Peach Cobbler	Chocolate Ice Cream	German Potato Salad w/Sausage Dressing	Vanilla Caramel Swirl Cake	Sloppy Joe on WW Bun	Asian Vegetables	Butter Tart
		Strawberry Gelatin		Buttered Corn	Vanilla Pudding	
				Tangerine Mousse		

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BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Assorted jams	Cinnamon Raisin Bread	Waffles	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Assorted jams	Assorted cold cereal	Assorted jams	Whole Wheat Toast	Assorted jams	Assorted jams	Assorted jams
Assorted cold cereal	Peanut Butter	Assorted cold cereal	Assorted jams	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Whole Wheat Toast	Peanut Butter	Maple Syrup	Peanut Butter	Peanut Butter	Peanut Butter
		Whole Wheat Toast	Assorted cold cereal			Bacon
			Peanut Butter			

LUNCH						
Chicken Cacciatore	Turkey Schnitzel on Bun	Baked Italian Haddock	Meatloaf	Cod Vera Cruz	Herb Chicken	Teriyaki Beef & Broccoli
Savoury Diced Potatoes	Buttered Red Cabbage	Mashed Potatoes	Garlic Mashed Potatoes	Baked Potato Wedges	Mashed Potatoes	Fluffy Rice
Diced Squash	Dill Pickles	California Vegetables	Prince Edward Vegetables	New England Vegetables	Italian Mixed Vegetables	Fusion Mix Vegetables
Poultry Gravy	Fresh Fruit	Apple Crumble Cake	Beef Gravy	Banana Cake	Chocolate Layer Cake	Apple Pie Slice
Peach Crisp	Chili Con Carne	Chicken Vegetable Ragout	Tiramisu Mousse	Sweet-N-Sour Pork Bites	Shrimp Scampi	Ravioli w/Rose Sauce
Potato & Onion Perogies	Cheddar Herb Tea Biscuit	Parslied Noodles	Penne Vegetable PrimaVera	Vegetable Fried Rice	Parslied Noodles	Caesar Salad
California Vegetables	Mexican Corn	Julienne Parsley Carrots	Creamy Peas	Asian Stir Fry Vegetables	Zucchini Parmesan	Chilled Pineapple
Sour Cream	Lemon Cake	Strawberries	Grated Parmesan Cheese	Chilled Diced Peaches	Mixed Berries	
Chilled Diced Pears			Chilled Diced Pears			

DINNER						
Potato & Leek Soup	Garden Vegetable Soup	Pea Soup	White Bean Soup	Barley Beef Soup	Fall Harvest Soup	Cream of Carrot Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Honey Garlic Meatballs w/Veg	Grilled Ham & Cheese Sndw on Rye	Turkey Salad on Lettuce Bed	Bologna Sandwich	Cheddar Cheese & Fruit	Egg Salad Sndw on Wheat	Egg & Potato Salad Plate
Mashed Potatoes	Mixed Green Salad	Buttered WW Bread	Pickled Beets	Apple Muffin	Mixed Green Italian Salad	Tomato Basil Salad
Fall Medley Vegetables	Pineapple Tidbits	Chilled Apricots	Mango	Blueberries	Chilled Peach Slices	Mandarin Oranges
Beef Gravy	Cheese & Veg Pasta Mornay	Farmers Sausage on Bun	Potato Leek Quiche	Beef Roast Sandwich on Wheat	Pork Souvlaki	Chicken Kiev
Fruit Cocktail	Baked Tomato au Gratin	Romaine with Mustard Vinaigrette	Mixed Salad with French Dressing	Roasted Mediterranean Vegetables	Baked Potato	French Fries
Salmon Salad on WW	Vanilla Frozen Yogurt	Parsley Sauce	Oreo Ice Cream Sandwich		Montego Vegetables	Buttered Brussels Sprouts
Tossed Garden Salad		Whipped Topping		Baked Custard	Tzatziki Sauce	Mini Raspberry Tart
Chocolate Pudding		Cherry Gelatin			Brown Gravy	
					Carrot Cake	

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Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Oatbran Muffin	Assorted jams	Cinnamon Raisin Bread	Whole Wheat Toast	Whole Wheat Toast
Assorted jams	Assorted jams	Whole Wheat Toast	Assorted cold cereal	Whole Wheat Toast	Assorted jams	Assorted jams
Assorted cold cereal	Assorted cold cereal	Assorted jams	Peanut Butter	Assorted jams	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Assorted cold cereal	Whole Wheat Toast	Assorted cold cereal	Peanut Butter	Peanut Butter
		Peanut Butter		Peanut Butter		Bacon
		Cinnamon Raisin Bread				
LUNCH						
Creamed Chicken & Vegetables	Beef & Turkey Shepherds Pie	Herb Baked Chicken Thigh	Spinach & Cheese Cannelloni	Baked Ham	Swedish Meatballs	Turkey Pot Roast
Fluffy Rice	California Vegetables	Baked Potato	Greek Salad	Homefries	Mashed Potatoes	Whipped Potatoes
Bistro Vegetables	Iced Orange Cake	Green Beans	Margarine	Sunrise Vegetables	Julienne Parsley Carrots	Diced Squash
Blueberry Crisp	Bratwurst on WW Bun	Sour Cream	Lemon Buttermilk Cake	Applesauce	Baked Apple	Poultry Gravy
Honey Pork Chop	Pickled Beets	Poultry Gravy	Beef & Pepper Skillet	Uniced Chocolate Brownie	Eggplant Parmigiana	Mandarin Oranges
Sweet Potato Fries	Sauerkraut	Caramel Cheesecake	Parslied Noodles	Baked Cod	Rotini	Honey Garlic Pork Bites
Cauliflower	Mustard	Beer Battered Fish	Italian Mixed Vegetables	Scalloped Potatoes	Steamed Broccoli	Cilantro Rice
Chilled Diced Pears	Chilled Tropical Fruit	French Fries	Chilled Diced Pears	Montego Vegetables	Blueberries	Peas & Carrots
		Mixed Salad with French Dressing		Watermelon Chunks		Coconut Cream Pie
		Tartar Sauce				
		Fruit Cocktail				
DINNER						
Borscht Soup	Minestrone Soup	Vegetable Soup	Butternut Squash Soup	Cream of Celery Soup	Cream of Broccoli Soup	Cabbage & Potato Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Beef Cheeseburger on Bun	Chicken Schnitzel	Potato & Cheese Perogies	Mixed Veg & Cheese Frittata	Pastrami Sndw on Wheat	Sloppy Joe on WW Bun	Chicken Salad Sndw on WW
Tomato Slices	Chive Whipped Potatoes	Buttered Red Cabbage	Whole Wheat Bread	Creamy Cucumber Salad	Calico Corn	Iceberg Salad
Fruit Cocktail	Creamy Cucumber & Onions	Sour Cream	Triple Bean Salad	Pickle Relish	Chocolate Mousse	Pineapple Tidbits
Sliced Turkey Salad Plate	Pineapple Tidbits	Chilled Apricots	Mandarin Oranges	Fruit Cocktail	Hard Boiled Egg	Spanakopita
Buttered WW Bread	Vegetable Spring Roll	Salmon Salad on Croissant	Turkey Salad Sndw WW	Chicken Caesar Salad	Potato Salad	Mexican Mixed Vegetables
Vanilla Pudding	Fried Rice	Mixed Green Italian Salad	Carrot Pineapple Salad	Garlic Bread	Garden Salad	Dessert of the Day
	Asian Vegetables	Whipped Topping	Strawberry Mousse	Orange Sherbet	Chilled Peach Slices	
	Sweet and Sour Sauce	Orange Gelatin				
	Butterscotch Ice Cream					