

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
	Fruit Cocktail	Banana Half	Chilled Tropical Fruit	Banana Half	Honeydew Melon	Banana Half	Cantaloupe Chunks
	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal
	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Poached Egg
	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Bacon Strips
	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Whole Wheat Toast
	-----	Jelly/Jam	Jelly/Jam	Jelly/Jam	-----	Jelly/Jam	Brown Sugar
	Assorted Cold Cereal	Margarine	Margarine	Margarine	Assorted Cold Cereal	Margarine	Jelly/Jam
	Peanut Butter	-----	-----	-----	Peanut Butter	-----	Margarine
	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	-----
Jelly/Jam	Creamy Peach Yogurt	Peanut Butter	Creamy Vanilla Yogurt	Jelly/Jam	Creamy Vanilla Yogurt	Assorted Cold Cereal	
Margarine	Fruit Extreme Muffin		Lemon Cranberry Muffin	Margarine	Bran Muffin	Peanut Butter	
							Whole Wheat English Muffin
L U N C H	Cream of Tomato & Pepper Soup	Split Pea Soup Vegt	Chicken Vegetable Noodle Soup	Cream of Cauliflower Soup	Corn Chowder	Beef Vegetable Barley Soup	Fall Harvest Soup
	Chicken Souvlaki	Beef & Macaroni Casserole	Battered Haddock Bites	Perogies w/Bacon & Onions	Pulled Pork on WW Bun	Cheese Ravioli w/Alfredo Sauce	Hot Turkey Sndw on WW w/Gravy
	Rice Pilaf	New England Vegetables	Tartar Sauce	Sour Cream	Tossed Ranch Salad	Green Beans	Fancy Blend Vegetables
	Parslied Cauliflower	Whole Wheat Bread	Ketchup	Buttered Cabbage	Unsalted Soda Crackers	Whole Wheat Bread	Unsalted Soda Crackers
	Whole Wheat Bread	Margarine	French Fries	Whole Wheat Bread	Fruit Cocktail	Margarine	Sliced Strawberries
	Unsalted Soda Crackers	Unsalted Soda Crackers	California Vegetables	Margarine	-----	Unsalted Soda Crackers	-----
	Margarine	Mandarin Oranges	Whole Wheat Bread	Unsalted Soda Crackers	Vegetable Quiche	Chilled Tropical Fruit	Tuna Salad Sandwich
	Cantaloupe Chunks	-----	Margarine	Blueberries	Italian Mixed Vegetables	-----	WW
	-----	Egg Salad Sndw on Wheat	Unsalted Soda Crackers	-----	Whole Wheat Roll	Shaved Ham Sndw on WW	Salad with Raspberry
	Grilled Reuben Sandwich	Mixed Salad with French Dressing	Crushed Pineapple	Chicken Salad on WW Bun	Margarine	Dill Pickle Chips	Vinaigrette
Potato Salad	English Toffee Cake	-----	Greek Salad	Vanilla Ice Cream	Caesar Salad	Tiramisu	
Butter Tart		Cottage Cheese & Fruit Plate	Frosted Banana Cake		Tapioca Pudding		
		Carrot Muffin					
		Butterscotch Pudding					
D I N N E R	Glazed Ham	Honey Garlic Chicken	Apple Cider Pork Chops	Hamburger Steak	Baked Salmon Fillet	Montreal Spiced Chicken	Beef Pot Roast
	Scalloped Potatoes	Oven-Browned Potatoes	Parisienne Potatoes	w/Caramelized Onions	Lemon Wedge	Roasted Potatoes	Mashed Potatoes
	Green Peas	Buttered Brussels Sprouts	Seasoned Green Beans	Beef Gravy	Boiled Red Potato	Green Peas	Butternut Squash
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Mashed Potatoes	Broccoli Florets	Whole Wheat Bread	Whole Wheat Bread
	Margarine	Margarine	Margarine	Zesty Balsamic Carrots	Whole Wheat Bread	Margarine	Margarine
	Hot Spiced Apples	Fruit Cocktail	Chilled Apricots	Whole Wheat Bread	Margarine	Chilled Diced Pears	Crushed Pineapple
	-----	-----	-----	Margarine	Mango	-----	-----
	Crunchy Baked Cod	Beef Stuffed Green Pepper	Homestyle Turkey	Stewed Rhubarb	-----	Beef Wellington	Sweet & Sour Pork
	Buttered Corn	Diced Squash	Vegetable Stew	-----	Rosemary Turkey with	Beef Gravy	Vegetable Fried Rice
	Brownie	Lemonicious Bar	Sliced Carrots	Chili with Italian Crumbles	Gravy	Fall Medley Vegetables	Asian Vegetables
		Tea Biscuit	Caesar Salad	Sunrise Vegetables	Date Pudding Cake	Lemon Meringue Pie	
		Apple Crisp	Garlic Bread	Choco Raspberry Pudding			
			Cherry Cheesecake	Cake			