

SUNDAY

Breakfast French Toast with bacon strips and a cup of Oatmeal or Farina.

Lunch Oven Fried Chicken with Mashed Potatoes and Green Beans OR Hamburger on a Bun. Chilled Peaches for Dessert

Dinner Pasta Fagioli Soup, Italian Sausage w/Peppers & Onions, Penne Pasta and Italian Blend Vegetables OR Quiche Loraine. Lemon Ice for Dessert.

MONDAY

Breakfast Scrambled Eggs & Cheese with Home Fries w/Onions and a cup of Oatmeal or Farina.

Lunch Herbed Breaded Pork Chop with Mashed Potatoes and Diced Carrots OR Mac & Cheese w/Stewed Tomatoes. Jello w/Topping for dessert

Dinner Cream of Broccoli Soup, Baked Fish w/Lemon with Garden Rice and Capri Vegetables OR Ravioli. Iced Cake for Dessert.

TUESDAY

Breakfast Pancakes w/Strawberries with Scrambled Eggs and a cup of Oatmeal or Farina.

Lunch Smothered Chopped Sirloin with Smashed Red Potatoes and Cauliflower OR Turkey Melt Sandwich. Fruit Cocktail for dessert.

Dinner Vegetable Soup, Apricot Glazed Chicken Tenders with Macaroni Salad & Coleslaw OR Cheeseburger on a Bun. Oatmeal Cookies for Dessert.

WEDNESDAY

Breakfast Spinach & Bacon Omelet with a Croissant and a cup of Oatmeal or Farina.

Lunch Manicotti Parmesan w/Marinara with Italian Blend Vegetables OR Deli Sandwich. Diced Fruit for dessert

Dinner Butternut Squash Soup, Hearty Chili with White Rice and Garden Salad OR Tuna Melt on an English Muffin. Apricots for Dessert.

THURSDAY

Breakfast Waffles & Egg Patty and a cup of Oatmeal or Farina.

Lunch Fresh Roast Ham with Mashed Sweet Potatoes and Braised Red Cabbage OR Caesar Salad with Chicken. Fruit Mix for dessert

Dinner French Onion Soup, Veal & Mushroom Stew w/Bowtie Pasta and Spinach OR Italian Hotdog with Cheese. Pound Cake for Dessert.

FRIDAY

Breakfast Scrambled Eggs & Hash Brown Potatoes, Banana and a cup of Oatmeal or Farina.

Lunch Stuffed Fish w/Lemon Sauce with Yellow Rice and Baby Carrots OR Grilled Ham & Cheese Melt. Carrot Cake for dessert

Dinner Manhattan Clam Chowder, Tex-Mex Roast Chicken with O'Brien Potatoes and Broccoli Normandy Or Cheese Steak Sub. Diced Peaches for Dessert.

SATURDAY

Breakfast Cheese Omelet & Raisin Bread and a cup of Oatmeal or Farina.

Lunch Roast Turkey Breast w/Stuffing and Capri Vegetables OR Tuna Salad Sandwich. Fresh Fruit for dessert

Dinner Chicken Barley Soup, Dagwood Sandwich with Potato Chips and Garden Salad OR Egg Salad Sandwich. Vanilla Pudding for Dessert.

WEEK 2



PREFERRED CARE

