

SUN

Breakfast Scrambled eggs with Oatmeal Cereal OR Cold Cereal of choice with Glazed Cinnamon Roll

Lunch Maple Sage Turkey with Poultry Gravy OR Garlic Pork Chop & Roasted Brussels Sprouts OR Sliced Carrots with Bread Dressing or Mashed Potatoes. Honey Glazed Pears for Dessert

Dinner Sweet & Sour Meatballs OR Herb Baked Fish Fillet with Seasoned Green Beans OR Tossed Salad w/ Dressing & Steamed Rice OR Buttered Noodles. Oatmeal Raisin Cookie for Dessert

MON

Breakfast Buttermilk Pancakes with Bacon. Oatmeal Cereal OR Cold Cereal of Choice

Lunch Apple Glazed Sliced Ham OR Lemon Pepper Chicken Breast with Seasoned Beets OR Seasoned Whole Kernel Corn. Canned Sweet Potatoes OR Buttered Noodles

Dinner Breaded Pollock Fish Fillet on a Bun OR Salisbury Steak. Capri Vegetable Blend OR Green Peas with Herbed Potato Wedges OR Yellow Rice. Pineapple Upside Down Cake for Dessert

TUE

Breakfast Scrambled Eggs with Cheese and Oatmeal Cereal OR Cold Cereal of Choice & Biscuit

Lunch Baked Ziti with Meat sauce OR Smothered Turkey Patty & Cesar Salad OR Broccoli Florets OR Mashed Potatoes. & Garlic Bread sticks. Cinnamon Brown Sugar Blondie for Dessert.

Dinner Chicken Salad Sandwich OR Mushroom & Cheese Quiche with Confetti Coleslaw OR Seasoned Spinach. Vegetable Soup. Mandarin Oranges for Dessert

WED

Breakfast Western Scrambled Eggs with Oatmeal Cereal OR Cold Cereal of Choice & Toast.

Lunch Italian Sausage OR Marinated Chicken Thigh & Parsley Cauliflower OR Capri Vegetable Blend. Garlic & Rosemary Roasted Red Skin Potatoes OR Parsley Orzo. Scalloped Apples for Dessert

Dinner Baked Macaroni & Cheese OR Egg Salad Sandwich. Stewed Tomatoes OR Marinated Cucumber Salad OR Potato Salad. Butterscotch Pudding for Dessert

WEEK 1

THURS

Breakfast French Toast with Sausage Patty and Oatmeal Cereal OR Cold Cereal of Choice.

Lunch Crispy Breaded Chicken Thigh OR Herb & Lemon Fish Fillet with Sautéed Green Beans OR Sautéed Spinach. Hash brown Casserole OR Egg Noodles. Banana Cream Pie for Dessert

Dinner Beef Pepper Steak OR BBQ Pork Chops. Peas & Carrots OR Pickled Beets Salad with Buttered Rice OR Potato Wedges. Fruit Cocktail for Dessert

FRI

Breakfast Scrambled Eggs with Oatmeal Cereal OR Cold Cereal of Choice

Lunch Honey Garlic Shrimp OR Kielbasa Sausage with Winter Vegetable Blend OR Brussels Sprouts. Rice Pilaf OR Oven Browned Potatoes. Tropical Fruit Salad for Dessert

Dinner Grilled Turkey & Swiss Cheese on Wheat OR Smothered Steak with Creamy Cucumber & Onion Salad OR Whole Kernel Corn. French Fries OR Buttered Noodles Vanilla Ice Cream for Dessert

SAT

Breakfast Baked Cheese Omelet with Breakfast Ham and Oatmeal Cereal OR Cold Cereal of Choice.

Lunch Rancher's Chicken Breast OR Cheeseburger on a Bun with Country Vegetable Blend OR Broccoli Salad and Garlic Mash Potatoes OR Baked Beans and Cornbread. Chocolate cake for Dessert

Dinner Cheese Ravioli w/ Marinara Sauce OR Tuna Salad Sandwich with Tossed Salad OR Marinated Mixed Vegetable Salad. Peach Crisp for Dessert



PREFERRED CARE

