

## Sample Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apple Juice Oatmeal Scrambled Eggs Whole Wheat Toast Assorted Spreads 1% Milk Coffee or Tea  <b>Alternate choices:</b> Assorted Cold Cereal Assorted Yogurt White Toast	Orange Juice Cream of Wheat Firm Poached Egg Whole Wheat Toast Assorted Spreads 1% Milk Coffee or Tea  <b>Alternate choices:</b> Assorted Cold Cereal Peanut Butter White Toast	Cranberry Juice Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Assorted Spreads 1% Milk Coffee or Tea  <b>Alternate choices:</b> Assorted Cold Cereal Assorted Yogurt Raisin Toast	Apple/Cranberry Juice Cream of Wheat Scrambled Eggs Carrot Muffin Assorted Spreads 1% Milk Coffee or Tea  <b>Alternate choices:</b> Assorted Cold Cereal Cheddar Cheese Slice Whole Wheat Toast	Orange Juice Oatmeal Firm Poached Egg Whole Wheat Toast Assorted Spreads 1% Milk Coffee or Tea  <b>Alternate choices:</b> Assorted Cold Cereal Assorted Yogurt White Toast	Cranberry Juice Cream of Wheat French Toast Syrup Assorted Spreads 1% Milk Coffee or Tea  <b>Alternate choices:</b> Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Scrambled Eggs Bacon Whole Wheat Toast Assorted Spreads 1% Milk Coffee or Tea  <b>Alternate choices:</b> Assorted Cold Cereal Assorted Yogurt White Toast

## Sample Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
English-Style Fish Tartar Sauce Tator Tots Turkey Vegetable with Pasta Soup Unsalted Soda Crackers Steamed Broccoli Whole Wheat Bread Margarine Chocolate Pudding 1% Milk Coffee or Tea  <b>Alternate choices:</b> Pancake with Syrup Maple Breakfast Sausage Strawberry Compote Chilled Peach Slices	Cream of Celery Soup Unsalted Soda Crackers Macaroni & Cheese Cranberry Almond Salad Poppy Seed Dressing Blueberries 1% Milk Coffee or Tea  <b>Alternate choices:</b> Veal Roulade Beef Gravy Mashed Potatoes Glazed Baby Carrots Ginger Spiced Cake	Beef Noodle Soup Unsalted Soda Crackers Beef Shepherd's Pie Prince Edward Vegetables Mandarin Oranges 1% Milk Coffee or Tea  <b>Alternate choices:</b> Vegetarian Garden Chili Caesar Salad Caesar Dressing Garlic Bread Vanilla Caramel Swirl Cake	Cream of Vegetable Soup Unsalted Soda Crackers Pulled Pork Onion Roll Apple Slaw Margarine Pineapple Tidbits 1% Milk Coffee or Tea  <b>Alternate choices:</b> Multigrain Tilapia Tartar Sauce Mashed Potatoes Baked Tomato Lemon Meringue Pie	Chicken Noodle Soup Unsalted Soda Crackers Butter Chicken Jasmine Rice Green Peas Margarine Naan Bread Apple Crumble Cake 1% Milk Coffee or Tea  <b>Alternate choices:</b> Cabbage Rolls Ranch Dressing Spinach Orange Salad Chilled Apricots	Cream of Carrot Soup Unsalted Soda Crackers Honey Garlic Pork Bites O'Brien Potatoes Harvard Beets Margarine Butter Tart Square 1% Milk Coffee or Tea  <b>Alternate choices:</b> Captain Burger on Whole Wheat Bun Shredded Lettuce Tartar Sauce Coleslaw Chilled Tropical Fruit	Potato Leek Soup Unsalted Soda Crackers Beef Pot Roast Horseradish Beef Gravy Sour Cream Baked Potato Mashed Parsnips Margarine Diced Fresh Melon 1% Milk Coffee or Tea  <b>Alternate choices:</b> Lemon Chicken Thighs Mashed Potatoes Cocktail Vegetables Triple Berry Crumble Bar

# Sample Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Vegetables Sweet & Sour Chicken Seasoned Rice Whole Wheat Bread Margarine Cherry Cheesecake 1% Milk Coffee or Tea  <b>Alternate choices:</b> Egg Salad Sandwich on Croissant Marinated Tomato Salad Mango	Apple Maple Pork Chop Roasted New Potatoes Wax Beans Whole Wheat Bread Margarine Orange Sherbet 1% Milk Coffee or Tea  <b>Alternate choices:</b> Turkey Sausage Mashed Potatoes Whipped Squash Fruit Cocktail	Chicken Fingers Plum Sauce Mashed Potatoes Italian Mix Vegetables Margarine Iced Brownie 1% Milk Coffee or Tea  <b>Alternate choices:</b> Salmon Salad on Pumpernickel Sweet Pickle Marinated Four-Bean Salad Banana	Turkey Meatloaf SSH Turkey Gravy Lyonnaise Potatoes Bistro Vegetables Date Square 1% Milk Coffee or Tea  <b>Alternate choices:</b> Broccoli & Cheese Quiche Romaine & Onion Salad Italian Dressing Strawberries & Topping	Herb Pork Loin Scalloped Potatoes Seasoned Diced Turnips Pumpkin Mousse 1% Milk Coffee or Tea  <b>Alternate choices:</b> Spinach & Cheese Cannelloni Broccoli & Cauliflower Whole Wheat Bread Margarine Sliced Pears	Orange Ginger Turkey & Vegetable Mini Rosemary Roasted Potatoes Two-Bite Chocolate Croissant 1% Milk Coffee or Tea  <b>Alternate choices:</b> Beef Gravy Beef Wellington Mashed Potatoes Calico Corn Cinnamon Applesauce	Ham & Cheese Sandwich on Kaiser Roll Pickle Spear Iceberg & Carrot Salad French Dressing Margarine Vanilla Ice Cream Cup 1% Milk Coffee or Tea  <b>Alternate choices:</b> Vegetable Lasagna French Cut Green Beans Stewed Strawberries & Rhubarb