

# Fall/Winter 2018 - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Applesauce	Banana Half	Applesauce	Banana Half	Applesauce	Banana Half	Applesauce
	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal
	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs
	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	-----
	-----	-----	-----	-----	-----	-----	Assorted Cold
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Cereal	Cereal
Peanut Butter	Vanilla Yogurt	Peanut Butter	Waffles	Bacon Strips	Peanut Butter	Peanut Butter	Peanut Butter
Whole Wheat Toast				Whole Wheat Toast		Whole Wheat Toast	Whole Wheat Toast
L U N C H	Veggie Florentine	Italian Wedding Soup	Cream of Celery	Minestrone Soup	Split Pea Soup	Tomato Rice Soup	Cauliflower &
	Soup	Broccoli Cheese	Soup	Egg Salad Sndw on	Alfredo Fettuccine	Vegetable Lasagna	Cheese Soup
	Pulled Pork on WW	Quiche	Chicken Burger on	Croissant	Caesar Salad	Green Beans	Deli Meat Salad
	Bun	New England	WW Bun	Tossed Salad	Whole Wheat Bread	Garlic Bread	Plate
	Rainbow Coleslaw	Vegetables	Tomato Cucumber	w/Dressing	Margarine	Margarine	Whole Wheat Roll
	Chilled Apple Slices	Whole Wheat Bread	Salad	Mandarin Oranges	Chilled Apricots	Chilled Tropical Fruit	Margarine
	-----	Margarine	Crushed Pineapple	-----	-----	-----	Strawberries
	Beef Macaroni	Stewed Rhubarb	-----	Potato & Cheese	Sausage Links	Pastrami on White	-----
	Cauliflower	-----	Bangers and Mash	Perogie	Hot Fruit Compote	Sauerkraut	Captain Burger
	Whole Wheat Bread	Turkey w/Lettuce on	California Vegetables	Peameal Bacon	French Toast	Unsalted Crackers	Coleslaw
	Unsalted Crackers	Whole Wheat	Whole Wheat Bread	Sour Cream	Unsalted Crackers	Tapioca Pudding	Unsalted Crackers
	Margarine	Mixed Salad with	Unsalted Crackers	Stewed Tomatoes	Country Carrot Cake		Cherry Cheesecake
Peach Crisp	French Dressing	Margarine	Whole Wheat Bread				
	Unsalted Crackers	Butterscotch	Unsalted Crackers				
	Vanilla Ice Cream	Pudding	Margarine				
			Strawberry Jello				
			with Topping				
D I N N E R	Lemon Chicken	Apple Cider Pork	English-Style Fish	Sweet & Sour	Beef Shepherd's Pie	Turkey Pot Pie	Honey Garlic
	Thighs	Chops	French Fries	Chicken	w/Corn	Greek Salad	Chicken
	Scalloped Potatoes	Garlic Mashed	Herbed Green Beans	White Rice	Beef Gravy	Blonde Bars	Mashed Potatoes
	Green Peas	Potatoes	Cherry Crisp	Oriental Vegetables	Broccoli Florets	-----	Kale Vegetable
	Brownie	Buttered Brussels	-----	Coconut Cream Pie	Whole Wheat Bread	Braised Veal Tips	Blend
	-----	Sprouts	Spaghetti & Meat	-----	Margarine	Roasted Potatoes	Lemon Meringue Pie
	Crunchy Baked Cod	Lemon Pudding	Sauce	Turkey Parmigiana	Chocolate Mousse	Winter Vegetables	-----
	Mashed Potatoes	-----	Mixed Green Sld	Mashed Potatoes	-----	Whole Wheat Bread	Beef Biscuit Bake
	Zucchini Medley	Bavarian Veal	w/Italian Drsng	Creamed Corn	Baked Salmon Fillet	Margarine	Seasoned Diced
	Whole Wheat Bread	Seasoned Egg	Whole Wheat Bread	Whole Wheat Bread	Au Gratin Potatoes	Mango	Turnips
	Margarine	Noodles	Margarine	Margarine	Lemon Pepper		Whole Wheat Bread
	Chilled Apricots	Diced Squash	Cantaloupe Chunks	Chilled Apple Slices	Glazed Carrots		Margarine
	Whole Wheat Bread			Chilled Diced Pears		Crushed Pineapple	
	Margarine						
	Fruit Cocktail						

NOTE: Coffee, Tea, Selection of Juices, Milk, Water offered at all meals.