

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Super Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Super Oatmeal	Cream of Wheat	Oatbran Cereal
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Lemon Smooth Cottage Cheese	Vanilla Yogurt	Peanut Butter	Assorted Greek Yogurt	Vanilla Smooth Cottage Cheese	Peanut Butter	Bacon Strips
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Toasted English Muffin	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter
Bran Muffin	Buttermilk Pancakes	Fruit Extreme Muffin	Whole Wheat Toast	White Toast	French Toast	Whole Wheat Toast
Sliced Strawberries	Banana Half	Mandarin Oranges	Blueberries	Banana Half	Chilled Diced Peaches	Raisin Toast
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Cantaloupe Chunks
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk
Water	Water	Water	Water	Water	Water	Coffee or Tea
						Water
LUNCH						
Garden Vegetable Soup	Beef Barley Soup	Cream of Mushroom Soup	Chicken Noodle Soup	Potato & Leek Soup	Ham & Bean Soup	Unsalted Soda Crackers
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Lentil & Vegetable Soup
Cheeseburger on Bun	Macaroni & Cheese	English-Style Fish	Pulled Beef on Bun	Country Sausage	Mini Submarine Sandwich	Salmon & Potato Salad Plate
Egg Salad Sndw on Croissant	Turkey w/Lettuce on Whole Wheat	Cheddar Cheese & Fruit Sld Plate	Chicken Caesar Salad	Turkey Pot Pie	Spinach and Cheese Tortellini	Pulled Chicken Sandwich
Tomato & Cucumber Salad	Stewed Tomatoes	Tartar Sauce	Barbecue Sauce	Buttermilk Pancakes	Spring Mix Lettuce Salad	Cucumber Spears
Fresh Watermelon	Tossed Ranch Salad	French Fries	Mandarin Spinach Salad	Strawberries & Rhubarb Compote	Green Beans	Broccoli Coleslaw
Butterscotch Ice Cream	Cantaloupe Chunks	Creamy Coleslaw	Whole Wheat Roll	5-Way Mixed Vegetables	Sliced Strawberries	Whole Wheat Roll
2% Milk	Chocolate Pudding	Mini Croissant	Chilled Diced Peaches	Chilled Tropical Fruit	Black Forest Pudding	Mandarin Oranges
Coffee or Tea	2% Milk	Fruit Cocktail	Raspberry Mousse	Vanilla Ice Cream	2% Milk	Vanilla Chocolate Ice Cream Bar
Water	Coffee or Tea	Assorted Ice Cream	2% Milk	2% Milk	Coffee or Tea	2% Milk
	Water	2% Milk	Coffee or Tea	Coffee or Tea	Water	Coffee or Tea
		Coffee or Tea	Water	Water		Water
		Water				
DINNER						
Mediterranean Chicken	Pork Chop & Mushroom Sauce	Meat Lasagna	Sweet and Sour Pork	Baked Chicken with Chalet Sauce	Honey Garlic Ribs	Roast Turkey
Roasted Vegetable Lasagna	Haddock Piccata	Turkey Schnitzel	Mushroom Ravioli w/Alfredo Sauce	Lemon Pepper Sole	Chicken & Asian Vegetable Stir Fry	BBQ Meatloaf
Tzatziki Sauce	Roasted New Potatoes	Onion Gravy	Brown Rice	Oven-Browned Potatoes	Scalloped Potatoes	Poultry Gravy
Lemon Potatoes	Parsley Carrots	Mashed Potatoes	Asian Vegetables	Green Peas	Rice Pilaf	Mashed Potatoes
Bistro Vegetables	Steamed Asparagus	Broccoli Florets	Italian Mixed Vegetables	Pick of the Day Vegetable Blend	Buttered Corn	Sunrise Vegetables
Green Beans	Strawberry Shortcake	Green Peas	Citrus Orange Cake	Lemon Meringue Pie	Red Velvet Cake	Niagara Mix Vegetables
Garlic Toast	Pineapple Tidbits	Garlic Toast	Chilled Apple Slices	Mango	Pineapple Tidbits	Apple Pie Slice
Vanilla Caramel Swirl Cake	2% Milk	Boston Cream Pie	2% Milk	2% Milk	2% Milk	Fresh Watermelon
Chilled Diced Pears	Coffee or Tea	Apricot Halves	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk
2% Milk	Water	2% Milk	Water	Water	Water	Coffee or Tea
Coffee or Tea		Coffee or Tea				Water
Water		Water				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Cream of Wheat	Super Oatmeal	Oatbran Cereal	Cinnamon Oatmeal	Cream of Wheat	Super Oatmeal	Oatbran Cereal
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Poached Egg	Scrambled Eggs
Peanut Butter	Vanilla Smooth Cottage Cheese	Vanilla Yogurt	Peanut Butter	Lemon Smooth Cottage Cheese	Vanilla Yogurt	Peanut Butter
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Toasted English Muffin	Bacon Strips
Bran Muffin	Toasted English Muffin	Buttermilk Pancakes	Blueberry Muffin	Croissant	Whole Wheat Toast	Whole Wheat Toast
Blueberries	Banana Half	Sliced Strawberries	Cantaloupe Chunks	Banana Half	Chilled Diced Peaches	Chilled Diced Pears
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
Water	Water	Water	Water	Water	Water	Water
LUNCH						
Cream of Broccoli Soup	Tomato Soup	Minestrone Soup	Unsalted Soda Crackers	Vegetable Barley Soup	Italian Wedding Soup	Cream of Mushroom Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Cream of Celery Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Swiss & Parmesan Cheese Quiche	Grilled Cheese on Wheat	Breaded Chicken Strips	Pizza of Choice	Hot Dog on White Bun	Chicken Salad Wrap	Tuna Salad Croissant
Sliced Ham Sndw on Rye	Captain Burger on WW Bun	Deli & Pasta Salad Plate	Roast Beef & Cheddar Sndw on WW	Cod Nuggets	Four Cheese Penne Pasta Casserole	Chicken Wings Boneless
Tomato Basil Salad	Tartar Sauce	Plum Sauce	Creamy Cabbage & Apple Salad	Ketchup	Rainbow Coleslaw	Potato Bites
Tossed Ranch Salad	Bacon Broccoli Salad	French Fries	Caesar Salad	Mustard	Kale Vegetable Blend	Tossed Salad & Italian Dressing
Fruit Cocktail	Strawberry Arugula Salad	Rainbow Coleslaw	Chilled Diced Peaches	Tartar Sauce	Fruit Cocktail	Cucumber Slices
Peach Passion Mousse	Chilled Diced Pears	Pineapple Tidbits	Strawberry Ice Cream Cup	Original Potato Chips	Butterscotch Pudding	Fresh Watermelon
2% Milk	Ice Cream Sandwich	Rice Pudding	2% Milk	Iceberg & Carrot Salad	2% Milk	Fudge Ice Cream Bar
Coffee or Tea	2% Milk	2% Milk	Coffee or Tea	Marinated Cucumbers	Coffee or Tea	2% Milk
Water	Coffee or Tea	Coffee or Tea	Water	Mandarin Oranges	Water	Coffee or Tea
	Water	Water		Chocolate Mousse		Water
				2% Milk		
				Coffee or Tea		
				Water		
DINNER						
Country Style Fried Chicken	Honey BBQ Pork Chop	Salisbury Steak	Tea Biscuit Chicken Pot Pie	Turkey Divan	Mediterranean Glazed Haddock	Roast Blade Beef
Italian Beef Vegetable Stew	Turkey Cacciatore	Sweet & Sour Chicken	Spaghetti & Meat Sauce	Beef Shepherd's Pie	Teriyaki Pork Loin	Homemade Turkey Meatloaf
Oven-Browned Potatoes	Mashed Potatoes	Beef Gravy	Seasoned Green Beans	Beef Gravy	Mashed Potatoes	Beef Gravy
Roasted Root Vegetable Blend	Cocktail Vegetables	Baked Potato	Italian Mixed Vegetables	Buttered Egg Noodles	Sunrise Vegetables	Mashed Potatoes
Whole Wheat Roll	Parslied Cauliflower	Brown Rice	Blueberry Crisp	Eurogold Vegetables	Asian Vegetables	Buttered Corn
Triple Chocolate Fudge Cake	Cherry Cheesecake	Brussels Sprouts	Chilled Apple Slices	Pick of the Day Vegetable Blend	Peach Pie	Garlic Roasted Brussel Sprouts
Honeydew Melon	Chilled Diced Peaches	Fusion Mix Vegetables	2% Milk	English Toffee Cake	Fresh Grapes	Yorkshire Pudding
2% Milk	2% Milk	Maple Avalanche Cake	Coffee or Tea	Apricot Halves	2% Milk	Black Forest Cake
Coffee or Tea	Coffee or Tea	Mango	Water	2% Milk	Coffee or Tea	Chilled Tropical Fruit
Water	Water	2% Milk		Coffee or Tea	Water	2% Milk
		Coffee or Tea		Water		Coffee or Tea
		Water				Water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Cinnamon Oatmeal	Cream of Wheat	Oatbran Cereal	Cream of Wheat	Super Oatmeal	Oatbran Cereal	Cream of Wheat
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs
Peanut Butter	Vanilla Yogurt	Peanut Butter	Lemon Smooth Cottage Cheese	Peanut Butter	Vanilla Smooth Cottage Cheese	Bacon Strips
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Toasted English Muffin	Assorted Greek Yogurt
Blueberry Muffin	Raisin Toast	Buttermilk Pancakes	Bran Muffin	Waffles	White Toast	Whole Wheat Toast
Banana Half	Chilled Diced Pears	Blueberries	Fruit Cocktail	Sliced Strawberries	Banana Half	White Toast
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Chilled Diced Peaches
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk
Water	Water	Water	Water	Water	Water	Coffee or Tea
						Water
LUNCH						
French Canadian Pea Soup	Cream of Cauliflower Soup	Butternut Squash Soup	Minestrone Soup	Unsalted Soda Crackers	Chicken Rice Soup	Potato & Leek Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Cream of Broccoli Soup	Unsalted Soda Crackers	Unsalted Soda Crackers
Mini Perogies w/Bacon	Reuben Sandwich	Turkey Burger on Wheat Bun	Pasta Tortellini in Tomato Pesto	Chicken Pot Pie	Sausage & Potato Frittata	Battered Cod Fillet
Turkey Cranberry Sandwich	Cottage Cheese Fruit Salad Plate	Sausage Patty	Shredded Chicken on Bun	Egg & Pasta Salad Plate	Veggie Burger on WW Bun	Roast Beef & Cheddar Wrap
Pick of the Day Vegetable Blend	Greek Salad		Sunrise Vegetables	California Vegetables	Green Beans	Tartar Sauce
Tossed Salad & Italian Dressing	Fruit Extreme Muffin	Potato Hashbrowns	Mixed Green Italian Salad	Red Beet Citrus Salad	Spring Mix Lettuce Salad	French Fries
Cantaloupe Chunks	Mandarin Oranges	Sesame Edamame Salad	Fresh Watermelon	Mango	Pineapple Tidbits	Rainbow Coleslaw
Vanilla Pudding	Assorted Ice Cream	Hot Fruit Compote	Chocolate Ice Cream Cup	Vanilla Chocolate Ice Cream Bar	Lemon Pudding	Caesar Salad
2% Milk	2% Milk	Chilled Diced Peaches	2% Milk	2% Milk	2% Milk	Mandarin Oranges
Coffee or Tea	Coffee or Tea	Peach Passion Mousse	Coffee or Tea	Coffee or Tea	Coffee or Tea	Strawberry Gelatin
Water	Water	2% Milk	Water	Water	Water	2% Milk
		Coffee or Tea				Coffee or Tea
		Water				Water
DINNER						
Spaghetti & Meatballs	Baked Chicken with Chalet Sauce	Tender Philly Steak	Resident's Choice	Broiled Salmon	Beef Stroganoff	Pork Roast
Creamy Dijon Chicken & Mushrooms	Veal Parmesan	Baked Cod Fillet	BBQ Pork Drummies	Beef Shepherd's Pie	Sweet & Sour Chicken	Turkey Stir Fry
Mashed Potatoes	Garlic Mashed Potatoes	Lemon Wedge	Roasted Potatoes	Lemon Dill Sauce	Buttered Egg Noodles	Pork Gravy
Italian Mixed Vegetables	Mexican Mixed Vegetables	Au Gratin Potatoes	Roasted Root Vegetable Blend	Scalloped Potatoes	Buttered Corn	Roasted Potatoes
Whipped Squash	Florentine Veg Mix	Montego Vegetables	Chilled Tropical Fruit	Diced Squash	5-Way Mixed Vegetables	Rice Pilaf
Garlic Toast	Key Lime Pie	Wax Beans	2% Milk	Green Peas	Citrus Orange Cake	Parsley Carrots
Vanilla Caramel Swirl Cake	Chilled Apricots	Triple Layer Chocolate Cake	Coffee or Tea	Carrot Cake	Honeydew Melon	Asian Vegetables
Mandarin Oranges	2% Milk	Pineapple Tidbits	Water	Fresh Grapes	2% Milk	Chocolate Cream Mint Pie
2% Milk	Coffee or Tea	2% Milk		2% Milk	Coffee or Tea	Deluxe Fruit Salad
Coffee or Tea	Water	Coffee or Tea		Coffee or Tea	Water	2% Milk
Water		Water		Water		Coffee or Tea
						Water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Fruit Punch	Peach Drink	Lemonade Drink	Tropical Punch	Peach Drink	Fruit Punch	Grape Drink
Water	Water	Water	Water	Water	Water	Water
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
SNACK PM						
Grape Drink	Iced Tea Drink	Fruit Punch	Grape Drink	Tomato Juice	Lemonade Drink	Tropical Punch
Water	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee or Tea	Water	Water	Water	Water	Water	Water
2% Milk	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
Shortbread Swirl Cookie	Oatmeal Raisin Cookies	Mini Assorted Danish	Strawberry Turnover Cookie	Mini Cinnamon Roll	Chocolate Chip Cookie	Mini Assorted Danish
Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana
SNACK HS						
2% Milk	Coffee or Tea	2% Milk	Coffee or Tea	2% Milk	2% Milk	Coffee or Tea
Coffee or Tea	2% Milk	Coffee or Tea	2% Milk	Coffee or Tea	Coffee or Tea	2% Milk
Water	Water	Water	Water	Water	Water	Water
Cheddar Cheese	Egg Salad on WW	Cheddar Cheese	Peanut Butter Sndw Snack WW	Ham Salad on WW	Cheese Sandwich on WW	Cheddar Cheese
Banana Muffin	Fresh Apple, Orange or Banana	Carrot Muffin	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Blueberry Muffin
Fresh Apple, Orange or Banana		Fresh Apple, Orange or Banana				Fresh Apple, Orange or Banana

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Peach Drink	Iced Tea Drink	Water	Lemonade Drink	Grape Drink	Fruit Punch	Lemonade Drink
Water	Water	Fruit Punch	Water	Water	Water	Water
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
SNACK PM						
Lemonade Drink	Grape Drink	Tomato Juice	Fruit Punch	Peach Drink	Iced Tea Drink	Grape Drink
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Water	Water	Water	Water	Water	Water	Water
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
Oatmeal Raisin Cookies	Strawberry Turnover Cookie	Vanilla Wafer	Chocolate Chip Cookie	Mini Assorted Danish	Shortbread Cookies	Mini Cinnamon Roll
Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana
SNACK HS						
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Coffee or Tea
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk
Water	Water	Water	Water	Water	Water	Water
Egg Salad on WW	Cheese Sandwich on WW	Ham Salad on WW	Banana Muffin	Peanut Butter Sndw Snack WW	Chicken Salad on WW	Cheddar Cheese
Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Cheddar Cheese Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Carrot Muffin Fresh Apple, Orange or Banana

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Peach Drink	Tropical Punch	Peach Drink	Fruit Punch	Grape Drink	Fruit Punch	Lemonade Drink
Water	Water	Water	Water	Water	Water	Water
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
SNACK PM						
Tomato Juice	Grape Drink	Iced Tea Drink	Lemonade Drink	Iced Tea Drink	Peach Drink	Iced Tea Drink
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Water	Water	Water	Water	Water	Water	Water
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
Digestive Cookie	Oatmeal Raisin Cookies	Mini Cinnamon Roll	Chocolate Chip Cookie	Mini Assorted Danish	Shortbread Cookies	Strawberry Turnover Cookie
Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana
SNACK HS						
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Water	Water	Water	Water	Water	Water	Water
Chicken Salad on White Snack	Banana Muffin	Peanut Butter Jam Sndw WW Snack	Fruit Extreme Muffin	Cheese Sandwich on WW	Carrot Muffin	Turkey Salad on Wheat
Fresh Apple, Orange or Banana	Cheddar Cheese Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Cheddar Cheese Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana	Cheddar Cheese Fresh Apple, Orange or Banana	Fresh Apple, Orange or Banana