

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Scrambled Eggs Bacon Whole Wheat Toast Banana or Watermelon	Oatmeal Poached Egg Raisin Toast Orange or Banana	Cream of Wheat Boiled Egg Whole Wheat Toast Cantaloupe or Banana	Oatmeal Scrambled Egg Raisin Bran Muffin Watermelon or Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange or Banana	Oatmeal Cheese Omelet Whole Wheat Toast Honeydew or Banana	Cream of Wheat Scrambled Egg Pancake/ Syrup Cantaloupe or Banana
	ALTERNATE	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
L U N C H	REGULAR	Mulligatawny Soup Mushroom Ravioli Parmesan Cream Sauce Green Salad Apricots	Cream of Tomato Basil Soup Pastrami on Marble Rye Bread Pickled Beets Blueberry Pie	Mexican Tortilla Soup Chicken Strips with Dipping Sauces Golden Fries Coleslaw Jellied Fruit	Vegetable Soup Butter Chicken Basmati Rice Naan Bread French Beans Creamy Mango Dessert	Country Bean Soup BBQ Back Ribs Baked Potato with Sour Cream Summer Corn Salad Cherry Tart	Vegetable Quinoa Soup Roasted Turkey Gravy Cranberry Sauce Mashed Potatoes Green Peas Donut Holes	Won Ton Soup Teriyaki Chicken Jasmine Rice Oriental Vegetables Summer Fruit Parfait
	ALTERNATE	Meatballs	Fish	Pork	Beef	Fish	Beef	Fish
D I N N E R	REGULAR	Crusted Baked Salmon Lemon Dill Rice Vegetable Medley Homemade Carrot Cake	Porchetta Roast Mini Roasted Potatoes Corn with Red Peppers Stewed Rhubarb & Strawberries with Custard	Homemade Vegetable Lasagna Garlic Bread Caesar Salad Fresh Fruit	Beef Hot Dog Potato Salad Broccoli Slaw Banana Poke Cake	Classic Beef Stew With Carrots, Peas & Pearl Onions Roasted Mushrooms Dinner Roll Ice Cream	Breaded Fish Tartar Sauce Country Potatoes Green Beans Lemon Mousse	Glazed Ham with Pineapple Scalloped Potatoes Broccoli Cupcakes
	ALTERNATE	Fish	Meatballs	Chicken	Chicken	Pork	Turkey	Chicken

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Whole Wheat Toast Scrambled Egg Bacon Orange or Banana	Oatmeal Poached Egg Raisin Toast Watermelon or Banana	Cream of Wheat Boiled Egg Whole Wheat Toast Cantaloupe or Banana	Oatmeal Scrambled Egg Blueberry Bran Muffin Honeydew or Banana	Oatmeal Boiled Egg Whole Wheat Toast Banana or Orange	Oatmeal Western Omelet Whole Wheat Toast Watermelon or Banana	Cream of Wheat Scrambled Egg French Toast Honeydew or Banana
	ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
L U N C H	REGULAR	Spinach & Lentil Soup Perogies & Onions Sour Cream Kielbasa Sausage Pickled Beets Ice Cream	Beef Vegetable Soup Veggie Burger With Cheese Golden French Fries Lettuce, Tomato And Pickles Tapioca Pudding	Cream of Mushroom Soup KFC Chicken Sweet Potato Wedges Coleslaw Jellied Fruit	Chicken & Corn Chowder Soup Pizza Italian Tomato Salad Carrot Cake	Minestrone Soup Chicken a la King Egg Noodles Peas Ice Cream	Jamaican Carrot Soup Moussaka Pita Bread Greek Salad Lemon Loaf	Tomato Soup Macaroni & Cheese Chef's Salad Iced Banana Cake
	ALTERNATE	Ham	Beef	Fish	Pork	Meatballs	Fish	Fish
D I N N E R	REGULAR	Pot Roast Gravy Mashed Potato Mixed Vegetables Apple Pie	Stuffed Basa With Lemon Herb Butter Sauce Couscous Broccoli Cheesecake with Fruit Sauce	Lemongrass Pork Chop Jasmine Rice Green Beans Egg Custard Tart	Spaghetti & Homemade Meatballs Garlic Bread Caesar Salad Tiramisu Mousse	Sweet & Sour Pork Fried Rice Oriental Vegetables Birds Nest Cookie	Fish n Chips Tartar Sauce & Lemon Wedge Vichy Carrot Fruit Crisp	Salisbury Steak Mashed Potato Roasted Cauliflower Stewed Rhubarb & Custard
	ALTERNATE	Sausage	Chicken	Chicken	Fish	Chicken	Beef	Chicken

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Whole Wheat Toast Bacon Scrambled Egg Banana or Watermelon	Oatmeal Poached Egg Raisin Toast Orange or Banana	Cream of Wheat Boiled Egg Whole Wheat Toast Cantaloupe or Banana	Oatmeal Scrambled Egg Apple Bran Muffin Watermelon or Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange or Banana	Oatmeal Cheese Omelet Whole Wheat Toast Honeydew or Banana	Cream of Wheat Scrambled Egg Pancakes with Syrup Banana or Orange
	ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
L U N C H	REGULAR	Beef Barley Soup BBQ Chicken Thighs Baked Potato Mexican Corn Coconut Cream Pie	Cream of Spinach Fish Burger Tartar Sauce Sweet Potato Fries Lettuce/Tomato Pineapple Upside Down Cake	Chicken Gumbo Soup Baked Manicotti With Tomato Sauce Parmesan Bread Sticks Italian Mixed Salad Ice Cream	Seafood Chowder Shepherd's Pie Green Salad Jellied Fruit	Tomato Vegetable Ham & Turkey Multigrain Bun Pasta Salad Lemon Meringue Pie	Curried Coconut & Lentil Soup Meatloaf Mushroom Gravy Mashed Potato Peas & Carrots Tropical Fruit Parfait	Potato Leek Soup Pulled Pork on a bun Coleslaw Butterscotch Ripple Sundae
	ALTERNATE	Beef	Meatballs	Chicken	Pork	Chicken	Fish	Fish
D I N N E R	REGULAR	Classic Lasagna Garlic Bread Caesar Salad Apricots	Peri Peri Chicken Java Pilaf Steamed Broccoli Eclair	Honey Garlic Pork Vegetable Chow Mein Tangerine Mousse With a Lady Finger	Jambalaya French Green Beans Raisin Bread Pudding with Vanilla Custard	Garden Chili with Sour Cream & Cheddar Cheese Garlic Toast Tossed Salad Blondie	Baked Salmon Tomato & Basil Cream Sauce Herbed Couscous Steamed Vegetables Marble Cake	Turkey Stew Steamed New Potatoes Grilled Summer Vegetables Danish Pastry
	ALTERNATE	Chicken	Fish	Beef	Meatballs	Ham	Beef	Pork

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Whole Wheat Toast Bacon Scrambled Egg Banana or Watermelon	Oatmeal Poached Egg Raisin Toast Banana or Oranges	Cream of Wheat- Boiled Egg Whole Wheat Toast Banana or Honeydew	Oatmeal Scrambled Egg Berry Bran Muffin Banana or Cantaloupe	Oatmeal Boiled Egg Whole Wheat Toast Banana or Watermelon	Oatmeal Western Omelet Whole Wheat Toast Banana or Orange	Cream of Wheat Scrambled Egg Waffle with Syrup Banana or Honeydew
	ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
L U N C H	REGULAR	Borscht with Sour Cream Tuna Casserole Herb Tomato Salad Cupcakes	Cr. of Broccoli Soup Roast Beef Gravy Yorkshire Pudding Mashed Potato Vichy Carrots Butterscotch Pudding	Carrot Ginger Soup Grilled Sausage O'Brien Potatoes Pan Fried Zucchini & Peppers Rice Pudding	Goulash Soup Crab Salad Croissant Caesar Salad Strawberry Cream Pie	Chicken Noodle Soup Beef Bourguignon Egg Noodles Mixed Vegetables Apple Crisp with Vanilla Custard	Vegetable Barley Soup Burger n Fries Tomato & Lettuce Ice Cream	Tomato Bisque Grilled Cheese Sandwich Pickles Coleslaw Fresh Fruit
	ALTERNATE	Turkey	Chicken	Fish	Chicken	Pork	Chicken	Fish
D I N N E R	REGULAR	Stuffed Chicken Breasts Roasted Potato Italian Mixed Vegetables Fresh Fruit	Baked Basa with Tomato Sauce Orzo Pasta Steamed Broccoli Brownies	Chicken Souvlaki Tzatziki, Pita Bread Herbed Rice Greek Salad Mandarin Oranges	BBQ Pork Chop Baked Potato Sour Cream Seasoned Carrots Spiced Peach Cake	Baked Beans with Wieners Garlic Toast Tossed Salad Lemon Tart	Breaded Fish with Parsley Lemon Sauce Garlic Mashed Potato Roasted Squash Donut Holes	Chicken Enchilada Casserole Caesar Salad Green Beans Bread Pudding
	ALTERNATE	Fish	Beef	Sausage	Fish	Beef	Pork	Meatballs