

SAMPLE WEEKLY MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BREAKFAST</p> <p>Malt-O-Meal</p> <p>Pancakes</p> <p>Bacon</p> <p>Fresh Fruit</p>	<p>BREAKFAST</p> <p>Malt-O-Meal</p> <p>Breakfast Scramble</p> <p>Toast</p> <p>Fresh Fruit</p>	<p>BREAKFAST</p> <p>Oatmeal</p> <p>Plain Bagels with Cream Cheese</p> <p>Scrambled Eggs</p> <p>Bacon</p> <p>Fresh Fruit</p>	<p>BREAKFAST</p> <p>Cream of Wheat</p> <p>French Toast</p> <p>Sausage Links</p> <p>Fresh Fruit</p>	<p>BREAKFAST</p> <p>Malt-O-Meal</p> <p>Cheese Omelets</p> <p>Bacon</p> <p>Hashbrowns</p> <p>Toast</p> <p>Fresh Fruit</p>	<p>BREAKFAST</p> <p>Oatmeal</p> <p>Biscuits and Gravy</p> <p>Poached Eggs</p> <p>Fresh Fruit</p>	<p>BREAKFAST</p> <p>Cream of Wheat</p> <p>Scrambled Eggs</p> <p>Sausage Links</p> <p>Hashbrowns</p> <p>Toast</p> <p>Fresh Fruit</p>
<p>LUNCH</p> <p>Meatloaf</p> <p>Brown Gravy</p> <p>Mashed Potatoes</p> <p>Zuchinni</p> <p>Roll</p> <p>Pumpkin Pie</p>	<p>LUNCH</p> <p>Baked Lemon Chicken</p> <p>Au Gratin Potatoes</p> <p>Cooked Cabbage Roll</p> <p>Jello Salad</p>	<p>LUNCH</p> <p>Crabby Cakes</p> <p>White Rice</p> <p>Asparagus</p> <p>Roll</p> <p>Boston Creme Cake</p>	<p>LUNCH</p> <p>Mushroom Pork Chops</p> <p>Noodles</p> <p>Carrots</p> <p>Roll</p> <p>Frosted Chocolate Cake</p>	<p>LUNCH</p> <p>Roasted Turkey w Gravy</p> <p>Cranberry Sauce</p> <p>Sweet Potatoes</p> <p>Green Beans</p> <p>Roll</p> <p>Oreo Delight</p>	<p>LUNCH</p> <p>Spaghetti</p> <p>Meat Sauce</p> <p>Mxed Vegetables</p> <p>Breadstick</p> <p>Cookie</p>	<p>LUNCH</p> <p>Orange Chicken</p> <p>Egg Roll</p> <p>Rice</p> <p>Asian Blend Vegetables</p> <p>Frosted Vanilla Cupcake</p>
<p>DINNER</p> <p>Homemade Potato Soup</p> <p>Turkey & Swiss Sandwich</p> <p>Mandarin Oranges</p>	<p>DINNER</p> <p>Tuna Salad on Croissant</p> <p>Potato Chips</p> <p>Pineapple</p>	<p>DINNER</p> <p>Beef Fajitas</p> <p>Lettuce</p> <p>Tomato</p> <p>Salsa</p> <p>Sour Cream</p> <p>Fruit Cocktail</p>	<p>DINNER</p> <p>Chicken Pot Pie</p> <p>Garlic Brussel Sprouts</p> <p>Apples</p> <p>Bread & Butter</p>	<p>DINNER</p> <p>Chef Salad</p> <p>Crackers</p> <p>Pears</p>	<p>DINNER</p> <p>French Dip Sandwich</p> <p>Pickle Spears</p> <p>Baked Beans</p> <p>Au Jus</p> <p>Pears</p>	<p>DINNER</p> <p>Baked Ziti</p> <p>Salad</p> <p>Garlic Bread</p> <p>California Blend Vegetables</p> <p>Cinnamon Applesauce</p>