

**Week 1**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b><u>Breakfast</u></b> Fruit Juice Cold or Hot Cereal Egg and Bacon Pancakes /Toast Syrup/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Sausage French Toast/ Pancakes Margarine/ Syrup Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg/Poached Egg Muffin Margarine Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Sausage Biscuits w/ Gravy Scrambled Eggs Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Banana Half Egg and Bacon Toast/ Margarine Milk/ Coffee or Tea
<b>Lunch</b>	Roast Turkey w/Gravy Cornbread Dressing Whipped Potatoes Seasoned Carrots Pumpkin Pie Beverage of Choice Jellied Cranberry Gr. Salad	Pork Chop w/ Gravy Au Gratin Potatoes Broccoli Roll Margarine Apple Cobbler Fruit Cocktail Gr. Salad Beverage of Choice	Pepper Steak w/Gravy Rice California Blend Dinner Roll or Bread Margarine Cinnamon Applesauce Chocolate Cake Gr. Salad Beverage of Choice	Pork Loin Spinach Yam Patty Dinner Roll Cucumber Salad Dump Cake Peaches Beverage of Choice	Fish w/Vegetables Tatar Sauce & Lemon Rice Steamed Okra Margarine Forest Pears Oreo Cookies Cream Pie Dinner Roll Beverage of Choice	Hamburger on Bun Condiments Gr. Beans (Diab.) Oven Roasted Potatoes Cherry Pie Beverage of Choice Fruit cup (Diabetics)
Oven Fried Chicken Mashed Potatoes w/Gravy Marinated Tomatoes Roll Margarine Cherry Yum-Yum Blushing Pears Beverage of Choice Carrots Beverage of Choice						
<b>Alternate</b>	Ham & Cheese Sub. SW	Steak Sandwich Onion Rings	Taco Salad Salsa	Open Hot Roast Beef on French Roll Topped With Brown Gravy Mashed Potatoes	Burritos w/ Chili & Cheese	
<b>Dinner</b>	Lemon Pepper Fish Baked Potatoes Tossed Salad with Dressing Seasoned Cabbage Bread Margarine Pineapple Tidbits Pecan Pie Milk	Philadelphia Chicken Roasted Potatoes Asparagus Cuts Margarine Ambrosia Chocolate Mousse Milk Beverage of Choice Rolls	Beef Pot Pie Green Beans Tomato Spoon Salad Fresh Fruit Margarine Apple Pie Milk Beverage of Choice Sliced Bread	Navy Beans w/Ham Corn Bread Dinner Salad Mixed Vegetables Onion Slices Vanilla Pudding w/ Topping Fruited Gelatin Milk Beverage of Choice	Meat Sauce over Spaghetti Italian Vegetables Relish Plate French bread Margarine Lemon Cake Orange Slices Milk Beverage of Choice	Beef Tips with Mushroom Gravy Parsley Noodles Green Peas Tomato Mushroom Salad French Bread Margarine Purple Plums Chocolate Pudding Milk
Brisket Green Beans Hash Brown Casserole Bell Pepper Slices Celery Sticks Peaches And Cream Sugar Cookie Milk Beverage of Choice Hot Roll						

**Week 2**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>						
Fruit Juice Cold or Hot Cereal Egg and Bacon Pancakes Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Sausage Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Sausage/French Toast or Pancakes Margarine/Syrup Milk/Coffee or Tea	Fruit Juice Fruit Cup Cold or Hot Cereal Egg/Poached Egg Muffin Milk/Coffee or Tea	Fruit Juice Cold or Cereal Bacon/Sausage Biscuits w/Gravy Scrambled Eggs Milk/Coffee or Tea	Fruit Juice Banana Half Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea
<b>Lunch</b>						
Chicken Cordon Bleu Rice Carrots Dinner Roll or Bread Margarine Fruit Cobbler Pears (Diabetics) Blushing Pears Beverage of Choice Carrots	Pork Loin Mashed Potatoes Gravy Mixed Vegetables Stewed Tomatoes Dinner Roll or Bread Margarine  Dutch Apple Pie Applesauce (Diabetics) Beverage of Choice	Oven Fried Chicken Roasted Potatoes Broccoli/Cheese Dinner Rolls Margarine Pudding Swirl Fruit Cocktail Beverage of Choice Gr.Salad	Hamburger Steak Baked Potatoes Coleslaw Dinner Rolls Banana Pudding Strawberries Squash Beverage of Choice	Lemon Baked Fish Au Gratin Potatoes Okra & Tom. Raw Vegetables Dinner Roll or Bread Margarine Fruit Cup Choc. Chip Cookie Bar Beverage of Choice	Pinto Beans & Ham Oven Roasted Potatoes Sliced Tomatoes & Onions Corn Bread Margarine Citrus Banana Salad Beverage of Choice Strawberry Shortcake	BBQ or Oven Browned Chicken Whole Kernel Corn Green Salad Chocolate Layer Dessert Beverage of Choice Hot Roll Pineapple Chunks Baked Sweet Potato Beets (Diabetics)
<b>Alternate</b>	Chicken Patty SW Fr. Fries or Baked Potato	Chili Dogs Tater Tots	Catfish on Hamburger Bun Tartar Sauce Onion Rings	Taco Salad Refried Beans	BBQ Sandwich	
	----- Pollock Baked Potato		----- Chicken Fried Steak SW			
<b>Dinner</b>						
Meat Loaf Scalloped Potatoes Dinner Salad Broccoli Canned Peaches Dinner Roll Cookies Milk Margarine Beverage of Choice	Chicken Pot Pie Spinach Dinner Roll Margarine Fruit Gelatin with Marshmallows Butter Scotch Oatmeal Cookie Milk Beverage of Choice	BBQ Beef Brisket Corn Carrots Roll Margarine Peaches Lemon Pie Milk Beverage of Choice Gr. Salad	Macaroni & Cheese Ham Green Beans  Fresh Fruit in Season Dinner Roll Tomato Salad Cinnamon Roll Milk Beverage of Choice	Beef Pot Roast Potatoes & Carrots Dinner Roll or Bread Margarine Pineapple Upside Down Cake Melon Cubes Milk Beverage of Choice	Hot Roast Pork Sandwich w/Gravy Mashed Potatoes Broccoli Margarine Cherry Cake Purple Plums Milk Beverage of Choice	Beef Stroganoff Squash Dinner Roll or Bread Dinner Salad Fruit Salad Apple Pie Milk Beverage of Choice

**Week 3**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>						
Fruit Juice Cold or Hot Cereal Sausage Pancakes Toast/Margarine/Jelly/Syrup Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Sausage Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Sausage/French Toast or Pancakes Margarine/Syrup Milk/Coffee or Tea	Fruit Juice Fruit Cup Cold or hot Cereal Egg/Poached Egg Muffin Milk/Coffee or Tea	Fruit Juice Cold or Cereal Bacon/Sausage Biscuits w/Gravy Scrambled Eggs Milk/Coffee or Tea	Fruit Juice Banana Half Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea
<b>Lunch</b>						
Smothered Pork Chops Mashed Potatoes Bu. Carrots w/ parsley F Bread or Roll Margarine Cherry Pie Green Salad Diabetic Fruit Beverage of Choice	Ham w/Mac & Cheese Green Beans Tossed Salad w/Dressing Bread Margarine Fruit Cup Chocolate Chip Cookie Beverage of Choice Milk	Spaghetti Fried Okra or Steamed Dinner Salad French Bread  Southern Pecan Pie Diabetic Fruit Beverage of Choice	Turkey w/Mushrooms& Noodles Beets Dinner Roll or Bread Fresh Fruit Red Velvet Cake Margarine Peas & Pearl Onions Beverage of Choice	Meat Loaf Mashed Potatoes Baby Carrots Dinner Roll Margarine Strawberry Pie Diabetic Fruit Beverage of Choice Dinner Salad w/Dressing	BBQ Platter Coleslaw (Green Salad) Baked Beans (Baked Potato) Roll Margarine Peach Cobbler Beverage of Choice Peaches (Diabetics) Green Beans (Diabetics)	Fried Catfish Hushpuppies California Blend Veg Dinner Salad w/ Dressing Dinner Roll or Bread Margarine Fresh Fruit in Season Pineapple cream cake Baked Potato Beverage of Choice
<b>Alternate</b>						
	Steak Fingers w/Gravy Mashed Potatoes	Chicken Fajitas Refried Beans Guacamole	Hamburger French Fries	Reuben SW	Breaded Chicken on Hamburger Bun Tatar Tots	
<b>Dinner</b>						
Chicken & Rice Casserole Veg. Juice Broccoli & Red Pepper Margarine Lemon Bar Berry Cup Hot Roll Milk Beverage of Choice	Beef Vegetable Stew Cucumber Salad Corn Bread Margarine Iced Chocolate Cake Applesauce Raspberry Gelatin Beverage of Choice	Salisbury Steak Mashed Potatoes w/Gravy Yellow Squash Tossed Salad w/Dressing Margarine Sliced Bread Vanilla Pudding Parfait Peaches Milk	BBQ Chicken Sweet Potatoes Spinach Margarine Bread Citrus Banana Blend Brownies Milk Beverage of Choice	Pork Loin Oven Baked Potatoes Broccoli w/ Cheese Sauce Tossed Salad w/Dressing Margarine Dinner Roll or Bread Bread Pudding Pears Milk Beverage of Choice	Hawaiian Chicken Rice & Pineapple Chunks Sugar Snap Peas Tossed Salad w/Dressing Margarine Dinner Roll Sherbet Milk Beverage of Choice	Lima Beans & Ham (Pork Chop-Specials) Breaded Zucchini Tomato Basil Salad Margarine Hot Roll Cookies Pears (Diabetics) Milk Beverage of Choice

**Week 4**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>						
Fruit Juice Cold or Hot Cereal Egg and Sausage Pancakes Margarine/Syrup Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Egg and Grilled Ham Toast/Margarine/Jelly Milk/Coffee or Tea	Eggs Fruit Juice Cold or Hot Cereal Sausage/French Toast or Pancakes Margarine/Syrup Milk/Coffee or Tea	Fruit Juice Fruit Cup Cold or Hot Cereal Egg/Poached Egg Muffin Milk/Coffee or Tea	Fruit Juice Cold or Cereal Bacon/Sausage Biscuits w/Gravy Scrambled Eggs Milk/Coffee or Tea	Fruit Juice Banana Half Cold or Hot Cereal Egg and Bacon Toast/Margarine/Jelly Milk/Coffee or Tea
<b>Lunch</b>						
Pot Roast w/Potatoes and Carrots Tossed Salad w/Dressing Dinner Roll or Bread Margarine Chocolate Cream Pie Peaches Beverage of Choice	Smothered Steak Rice Broccoli Dinner Roll or Bread Margarine Banana Cake w/Frosting Canned Pears Beverage of Choice	Beef Tips Noodles Okra & Tomato Dinner Roll or Bread Margarine Mandarin Oranges Apple Cobbler Beverage of Choice	BBQ Chicken Oven Browned Potatoes Broccoli Dinner Roll or Bread Margarine Lemon Meringue Pie Fruit Salad Beverage of Choice	Roast Pork W/Gravy Rice Baby Carrots Dinner Roll or Bread Margarine Baked Sliced Apples Cherry Cake Beverage of Choice	Spaghetti Green Salad Margarine French Bread Fried Okra Peaches Coconut Cream Pie Beverage of Choice	Chicken Fried Steak Whipped Potatoes Beets Margarine Dinner Roll or Bread Choc. Pudding w/Top Applesauce Beverage of Choice
<b>Alternate</b>						
	Grilled Ham & Cheese Sandwich	Hamburgers French Fries	Frito Chili Pie	Chicken Tenders w/Gravy French Fries or Mashed Potatoes	Grilled Polish Sausage Bell Pepper & Onions Sauerkraut	
<b>Dinner</b>						
Country Fried Steak Mashed Potatoes Green Peas Sunshine Salad Hot Roll Margarine Fruit Cup Sugar Cookies Milk Beverage of Choice	Beef-Macaroni Casserole Green Beans Carrot Raisin Salad French bread Margarine Orange Delight Watergate Cake Milk Beverage of Choice	Turkey Tetrazzini English Peas Dinner Salad Margarine Dinner Roll or Bread Canned Pineapple Milk Beverage of Choice Chocolate Brownies	Meatloaf Mashed Potatoes w/Gravy Vegetable Blend Hot Roll Margarine Tossed Salad w/ Dressing Fresh Fruit in Season Cherry Cheesecake Milk	Lemon Pepper Fish Spinach Margarine Tom./Cuke Salad Berry Cup Peanut Butter Cookies Milk Beverage of Choice Hot Roll Sweet Potatoes	Sliced Ham Mac and Cheese Green Beans Margarine Angel Food Cake w/ Strawberries Milk Beverage of Choice Green Salad Dinner Roll	Hamburger French Fries Tomato Slices  Jell-O Poke Cake Pineapple w/Cherry Milk Beverage of Choice

**Week 5**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b> Fruit Juice Cold or Hot Cereal Egg Biscuits Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal French Toast Sausage Milk/Coffee or Tea Margarine/ syrup	Fruit Juice Cold or Hot Cereal Eggs and Bacon Muffins/Margarine Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Eggs Toast Margarine/Jelly Milk/Coffee or Tea	Fruit Juice Hot or Cold Cereal Eggs & bacon Milk/ Coffee Pancakes Margarine/syrup	Fruit Juice Cold or Hot Cereal Sausage/Eggs Biscuits Margarine/ Jelly Milk/Coffee or Tea	Fruit Juice Cold or Hot Cereal Cheese Eggs Bacon Toast/Margarine/Jelly Milk/Coffee or Tea
<b>Lunch</b> Pot Roast w/ Potatoes& Carrots Dinner Roll Margarine Pineapple sl. Green Beans Chocolate cake Beverage of Choice	Lasagna Calif. Blend veg. Green Salad French Bread Fruit Salad Cherry Pie	Brisket Baked Beans Potato Salad Raw vegetables Margarine Roll Banana (diab.) Banana pudding	Meat loaf Green Salad Mashed Pot. Gr. beans Hot roll Margarine Apple Sauce Chocolate Pie	Baked Chicken Wild Rice Broc./Red Peppers Mandarin Oranges Dinner Roll or Bread Margarine Choc. Chip Cookies	Beef – Mac. Casserole Green Beans Fumi Salad French Bread Margarine Strawberries (diab.) Strawberry Pie	Mushroom steak Bu. Noodles/ parsley Mixed Veg. Green Salad Chocolate Pudding Red Applesauce Margarine Hot Roll
<b>Alternate</b>	Chicken Club SW	Baked Pot. Bar (noon) Philly Steak SW (night)	Ham & Turkey Club SW	Pizza	Potato Soup	
<b>Dinner</b> Turkey Tetrizzini Green Peas Green Salad Bread or roll Mandarin Oranges Milk Margarine Sugar Cookies	Smothered Steak Green Salad Green Beans Blushing Pears Roll Pecan Pie Milk	Lemon Pepper Fish Spinach Dinner Roll Margarine Peaches Beets Au Gratin Pot. Milk Beverage of choice Carrot Cake	Chicken Spaghetti Green Salad Calif. Blend Veg. French Bread Fruit Cup Oatmeal Cookies Milk	Beef Tips w/ Mushroom Gravy Green Peas Parselyed Pot. Okra and Tomatoes Peaches Green Salad Lemon Cake Milk	Pork Chops Squash Tomato Salad Roll Margarine Sweet Potatoes Purple Plums Apple Pie	Ham Carrot Coins Mac. & Cheese Cole Slaw Fruit Salad Roll/ Margarine Milk Pineapple Upside- Down Cake