

# Weekly Sample Menu

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Pancakes Hot Cereal Scrambled Egg Bacon Fresh Fruit 100% Juice	Muffin Hot Cereal Hard-Boiled Egg Sausage Link Banana Topping 100% Juice	French Toast Hot Cereal Egg and Mushroom Bake Bacon Melon Fruit Cup 100% Juice	Sausage Country Gravy and Biscuits Hot Cereal Poached Egg Bacon Fresh Fruit 100% Juice	Apple Turnover Hot Cereal Egg of Choice Sausage Link Applesauce 100% Juice	Waffles Hot Cereal Scrambled Egg Bacon Banana 100% Juice	Mini Danish Hot Cereal Egg of Choice Sausage Link Tropical Mixed Fruit 100% Juice
LUNCH	Home-style Bean Bacon Soup Baked Deli Sandwich or California Chef Salad Tangy Fruit Salad	Garden Vegetable Soup Ground Beef Enchiladas Mixed Vegetables Spanish Rice	Minestrone Soup Autumn Chopped Chicken Salad Fresh Fruit Salad	Butternut Squash Soup Sausage and Cabbage Pitas Corn Chips	Pasta Fagioli Soup Cheddar Burger Cottage Cheese Vegetable Salad	Home-style Vegetable Soup Parmesan Chicken Sandwich Garden Pasta Salad	Chicken Rice Soup Shredded Pork Over Rice Apple Coleslaw
DINNER	Broccoli and Cheese Soup Pear Salad Honey Orange Glazed Shrimp Kabobs Beef Brisket Bourguignon Stuffed Cornbread Chicken Breast White Rice Green Bean Almondine Sweet Potato Souffle Chef's Choice Desserts	Chicken Noodle Soup Grape Salad Baked Cod in Cream Sauce BBQ Beef Short Ribs Chicken Kiev Garlic Mashed Potatoes Buttered Asparagus Catalina Blend Chef's Choice Desserts	Corn Chowder Soup Ambrosia Salad Crawfish Ravioli Garlic Herb Medallions Honey Lime Chicken Wild Rice Sugar Snaps Okra & Tomatoes Chef's Choice Desserts	Italian Wedding Soup Caprese Salad Parmesan & Herb Crusted Tilapia Spaghetti & Meatballs Chicken Parmesan Herb Noodles Stewed Cabbage Buttered Cauliflower Chef's Choice Desserts	Garden Vegetable Soup Strawberries on Romaine Crusted Pollock Yankee Pot Roast Jardinere Tequila Lime Chicken Smashed Red Potatoes Stewed Okra Sautéed Squash Chef's Choice Desserts	Mushroom & Onion Soup Cucumber Salad Garlicky Lemon Mahi Pineapple Brown Sugar Coated Ham Spinach Stuffed Chicken Scalloped Potatoes Sonoma Blend Citrus Carrots Chef's Choice Desserts	Beef Barley Soup Beet and Onion Salad Crab Stuffed Flounder Oven Baked Pork Chops Chicken Cacciatore Rice Sautéed Spinach Sautéed Mushrooms Chef's Choice Desserts