

Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sweet n'Tangy Meatloaf 1pc, Sauce 2oz Mashed Potatoes 4oz Brussels Sprouts 4oz Corn Bread 1pc Fresh Fruit 1pc Dinner Roll 1pc	2 Pork Stir Fry Diced Pork 3oz Teriyaki Sauce 2oz White Rice 4oz Asian Blend Veggies ½ cup Pineapple ½ cup WW Bread 1pc	3 Cheese Ravioli 6oz w/Spinach Cream sauce 2oz Cauliflower & Carrots ½ cup Multigrain Bread 1pc Mixed Fruit ½ cup
6 American Chop Suey 3 oz meat ½ cup pasta 2 oz marinara sauce Green Beans ½ cup Peaches ½ cup Italian Bread 1pc Parm Cheese 1pc	7 Frittata (vegetables, egg and ham) 1pc Mashed Potatoes ½ cup Baked Apples ½ cup (in third compartment) Yogurt (no milk) 1pc Oat Bread 1pc Juice 1pc	8 Asian Salad - Chicken 3oz Lettuce mix 1 cup Mandarins 1/4c Crispy Noodles 2 oz (congregate only) Pasta Salad (mayo) ½ cup F.Fruit 1pc, WW Roll 1pc Asian Dressing 1pc	9 Beef 3oz & peppers 2oz Spanish Rice ½ cup Corn 4oz Shredded lettuce (congregate only) Chef's Dessert ½ cup Tortilla 1pc	10 Breaded Fish 1pc Sweet Potatoes ½ cup Broccoli ½ cup WW Bread 1pc Tartar Sauce 1pc Fig bar 1pc
13 Hot dog 1pc Baked Beans ½ cup Mixed Veggies ½ cup Hot Dog Roll 1pc Pineapple 1pc Ketchup, Mustard, Relish 1pc	14 Herbed Chicken 1pc Gravy 2oz Parmesan Rice ½ cup Butternut Squash ½ cup WW Bread 1pc Diet Gelatin ½ cup	15 Meatballs 3 each Honey Garlic Sauce 2oz Rice ½ cup Garden Salad* ½ cup Parm Cheese 1pc WW Dinner Roll 1pc Fresh Fruit 1pc	16 BDAY: Cold Turkey Sandwich - Sliced Turkey 3oz Potato Salad ½ cup Pickled Beets ½ cup Oat Bread 2 slices Fruited Cake 1pc Cranberry sauce 1pc	17 Mac n' Cheese w/crumb topping 8oz Peas ½ cup Multigrain Bread 1pc Mandarin Oranges ½ cup
20 Chicken Parmesan Chicken Patty 1pc Marinara sauce 2oz Pasta ½ cup with sauce Cauliflower & Broccoli ½ cup Pears ½ cup Italian Bread 1pc	21 Cheeseburger 1pc Roasted Potatoes ½ cup Coleslaw ½ cup Brownie Cookie 1pc Ketchup 1pc Burger Bun 1pc	22 Turkey 3oz Dinner Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup WW Dinner Roll 1pc Fresh Fruit Salad ½ cup	23 Egg & Cheese Omelet 1pc Zucchini & Tomatoes ½ cup Cheesy Grits ½ cup Muffin 1pc Yogurt (no milk) Juice 1pc Ketchup 1pc	24 Seafood Salad 3oz on a bed of lettuce Cucumber salad ½ cup Potato Salad ½ cup Mixed Fruit 1pc Hot Dog Roll 1pc
27 Salisbury Steak 1pc Gravy 2oz Sweet Potatoes ½ cup Capri Veggies ½ cup Peaches ½ cup WW Dinner Roll 1pc	28 Aloha Chicken 1pc Rice ½ cup Corn & Black Beans ½ cup Oat Bread 1pc Fruit Ambrosia ½ cup	29 Pulled Pork 3oz BBQ Sauce 2oz Rsted Potatoes ½ cup Chef's Veggies ½ cup Fresh Fruit 1 pc Burger Bun 1pc	30 Chicken, celery and Cranberry Salad 4oz on lettuce Carrot Slaw (vinaigrette) ½ cup Pasta Salad (mayo) ½ cup Fruit Loaf 1pc Hot dog Roll 1pc	31 Liver 3oz Onion gravy 2oz Green Beans ½ cup Mashed Potatoes ½ cup WW Bread 1pc Applesauce ½ cup