

WK1 Res.	Sunday--DAY 1	Monday--DAY 2	Tuesday--DAY 3	Wednesday--DAY 4	Thursday--DAY 5	Friday--DAY 6	Saturday--DAY 7
Breakfast	orange juice- 4 oz oatmeal- 1/2 cup scr.egg 1/4 c.	orange juice- 4 oz oatmeal- 1/2 cup	orange juice- 4 oz cream of wheat- 1/2 c. scr.egg 1/4 c	orange juice 4-oz oatmeal 1/2 cup	orange juice 4 oz oatmeal 1/2 cup scrambled egg 1/4 c. sausage links 2 ea	orange juice 4 oz cream of wheat 1/2 c.	orange juice 4 oz oatmeal 1/2 cup scr.egg 1/2c
garnish	wheat toast- 1 sl jelly pc 1 ea 2 % milk- 8 oz coffee	fr. Waffles 1 ea. syrup 1 pc 2 % milk- 8 oz coffee	wheat toast 1 sl. jelly pc 1 ea 2 % milk- 8 oz coffee	pancakes 2 ea syrup 1 pc 2 % milk- 8 oz coffee	blueberry muffin 1 ea margarine 1 pat 2 % milk- 8 oz coffee	French tst. Hlvs 2 ea syrup 1 pc 2 % milk- 8 oz coffee	doughnut 1 ea 2 % milk- 8 oz coffee
alternate	apple juice shredded wheat poached egg 1 ea white toast 1 sl	apple juice Crispix cereal wheat toast 1 sl	apple juice wheaties poached egg 1 ea white toast 1 sl	apple juice raisin bran wheat toast 1 sl	apple juice rice krispies poached egg 1 ea wheat toast 1 sl	apple juice cornflakes wheat toast 1 sl	apple juice cheerios poached egg 1 ea Wheat Toast 1 sl
Lunch	Chicken Fried Steak 4 oz Country Gravy Augratin pot. 1/3c. sliced carrots 3 oz apple pie 1 sl dinner roll 1 each margarine- 1 pat 2 % milk- 8 oz coffee	Turkey Tetrizzini 6 oz Broccoli cuts 3 oz Yellow fudge ck. 1 pc wheat bread 1 sl margarine 1 pat 2 % milk- 8 oz coffee	Chicken cacciatore 6oz Rice 1/2 c Italian mixed veg. 3oz Bread pudding 1/2c wheat bread 1 sl margarine 1 pat 2 % milk- 8 oz coffee	yankee pot roast 3 oz gravy 2 oz Mashed potatoes 4 oz broc/caul/carr/ 3 oz Gineralde Gelatin Sld 4oz wheat bread 1 sl margarine 1 pat 2 % milk- 8 oz coffee	Stuffed gr. Pepper 1 tom.sauce 2 oz corn 3 oz pear halves 2 hlvs wheat bread 1 sl margarine 1 pat 2 % milk- 8 oz coffee	goulash 6oz Capri Blend veg. 3 oz Applesauce Treat 4oz wheat bread 1 sl margarine 1 pat 2 % milk- 8 oz coffee	meatloaf 4 oz gravy 2 oz mashed pot. 1/2c Diced beets 3 oz frst spice cake 1 pc wheat bread 1 sl margarine 1 pat 2 % milk- 8 oz coffee
alternate	Baked Polck 4oz mashed potatoes zucchini 3oz wheat bread 1 sl ice cream	Baked Ham 3 oz mashed potatoes Stewed Tomatoes 3oz white bread 1 sl ice cream	roast pork 3 oz/2ozgrvy mashed potatoes brussels 3 oz white bread 1 sl ice cream	Alfredo sauce 4 oz Fettucini 4 oz Snow peas 3 oz white bread 1 sl	turkey / gravy mashed pot. Hubbard squash 3oz white bread 1 sl	Braised Pork Cubes/Gravy mashed pot 4 oz Yellow squash 3 oz white bread 1 sl ice cream	Gnocchi Meat Sauce Ital. Mix veg. 3 oz white bread 1 sl ice cream
Supper	Chic. Veg. Soup 6 oz saltine crackers 1 pkg. Cheese Omelet 3 oz Hash Browned Potatoes 4 oz Pears 1/2 c. 2 % milk- 8 oz decaf coffee	Minestrone soup 1/2c. saltine craxs 1 pkg. Chili 6oz Corn Bread 1ea 2 % milk- 8 oz decaf coffee	Lentil soup 6 oz saltine crackers 1 pk hamburger/bun/let/tom fr. Cut gr. Beans 3 oz Peaches 1/2 c. 2 % milk- 8 oz decaf coffee	Cr. Of Tomato soup 6 oz saltine crackers 1 pkg. Marinated chick Sand Broc/eggplant/squash 3 oz 2 % milk- 8 oz decaf coffee	Navy bean soup 6 oz saltine craxs 1 pkg. Hot Pork Sand/gravy Sliced carrots 3 oz Chocolate Mousse 1/2c 2 % milk- 8 oz decaf coffee	New eng clm chdr 6 oz saltine crackers 1 pkg. Fish Nuggets 3 oz Pineapple Cole slaw Tartar Sauce Potato Puffs fruit cocktail 1/2 cup wheat bread 1 sl 2 % milk- 8 oz decaf coffee	Garden veg soup 6 oz saltine craxs 1 pkg. Ital. Sausage Patty Sand Peppers and Onions Baked Beans 3 oz mand. oranges 1/2c. 2 % milk- 8 oz decaf coffee
alternate	Apricot juice 4 oz chicken salad cold plate wheat bread 1 sl	Apricot Juice 4oz Egg salad sand w/ Peas 3 oz banana 1 ea	Tomato juice 4 oz SI Bologna sand Carrots 3 oz	Apricot juice 4 oz SI Ham sand spinach 3 oz pineapple tidbits 1/2c.	Apricot juice 4 oz Seafood salad sand. Wax beans 3 oz ice cream	Tomato juice 4 oz turkey sal. lima beans 3 oz peaches 1/2 c.	Apricot juice 4 oz hot beef./sand broc/caul 3oz
Sand of Day	Ham salad	chicken salad	tuna salad	roast beef salad	Ham salad	egg salad	Turkey salad

all toast is buttered unless specified

condimnents availabe per Res. Requests are:

salt, pepper, Salt Free Seasoning, salt sub, sugar, sugar sub, tea, decaf coffe, decaf tea, jelly, db jelly, ketchup, mustard, mayonaise,tartar sauce