



Week 1

Master menu selection

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Orange Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Orange Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Oatmeal Boiled Eggs Raisin Toast/Jam Tea/Coffee/Milk
Lunch						
Vegetable Soup Grilled Reuben Sandwich Tossed Salad Ice Cream Tea/Coffee/Milk	Navy Bean Soup Waffles with Strawberries and Whipped Cream Yogurt Tea/Coffee/Milk	Cr. of Mushroom Soup Salmon Salad on Croissant Bean Salad Carrot Cake Tea/Coffee/Milk	Cream of Potato Soup Chicken Sandwiches Pickled Beets Fruit Cocktail Tea/Coffee/Milk	Chicken Noodle Soup Cottage Cheese & Fruit Plate Vanilla Pudding Tea/Coffee/Milk	Pea Soup Pizza Tossed Salad Cake Tea/Coffee/Milk	Cream of Broccoli Soup Assorted Sandwiches Butterscotch Pudding Tea/Coffee/Milk
Dinner						
Meatloaf/gravy Mashed Potatoes Carrots Diced Peaches Tea/Coffee/Milk	Spaghetti with Meat Sauce Tossed Salad Pudding Tea/Coffee/Milk	Roast Turkey Pan Gravy Mashed Potatoes Brussel Sprouts Raspberry Yogurt Tea/Coffee/Milk	Fish Nuggets Tartar Sauce Potatoes Coleslaw Cherry Cake Tea/Coffee/Milk	Baked Ham Scalloped Potatoes Buttered Squash Ice Cream Tea/Coffee/Milk	Baked Chicken Mashed Potatoes Broccoli Jell-o Tea/Coffee/Milk	Ribs Mushroom Gravy Potatoes Carrots Mandarin Orange Slices Tea/Coffee/Milk

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Breakfast						
Orange Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Prune Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Orange Juice Assorted Cold Cereals Oatmeal Boiled Eggs Raisin Toast/Jam Tea/Coffee/Milk
Lunch						
Vegetable Soup Omelets, Hash Browns Pickled Beets Ice Cream Tea/Coffee/Milk	Cr. of Mushroom Soup Tuna Sandwiches Coleslaw Swirl Cake Tea/Coffee/Milk	Barley Soup Macaroni & Cheese Tossed Salad Orange Cake Tea/Coffee/Milk	Vegetable Rice Soup Egg Salad Sandwich Tossed Salad Jell-o Tea/Coffee/Milk	Cream of Tomato Soup Grilled Ham & Cheese Bread & Butter Pickles Vanilla Pudding Tea/Coffee/Milk	Beef Soup Butter Chicken Rice Tossed Salad Diced Pears Tea/Coffee/Milk	Potato Soup Egg Salad Sandwich Tossed Salad Fruit Plate Tea/Coffee/Milk
Dinner						
Salisbury Steak/gravy Mashed Potatoes Buttered Peas Peach Yogurt Tea/Coffee/Milk	Chicken Supreme Mashed Potatoes Gravy Broccoli Custard with Fruit Tea/Coffee/Milk	Turkey Sausages Mashed Potatoes Mixed Vegetables Pudding Tea/Coffee/Milk	Shepherd's Pie Carrots Lemon Tart Tea/Coffee/Milk	Turkey Schnitzel Gravy Roast Potatoes Beets Ice Cream Tea/Coffee/Milk	Salmon Potatoes Mixed vegetables White Cake Tea/Coffee/Milk	Roast Pork Gravy Mashed Potatoes Peas & Carrots Fruit Plate Tea/Coffee/Milk

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Breakfast						
Cranberry Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Orange Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Orange Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Oatmeal Boiled Eggs Raisin Toast/Jam Tea/Coffee/Milk
Lunch						
Navy Bean Soup Chicken & Broccoli Pasta Chocolate Eclairs Tea/Coffee/Milk	Vegetable Soup Salmon Salad Sandwich Bread & Butter Pickles Fruit Cocktail Tea/Coffee/Milk	Chicken Soup Grilled Cheese Sandwich Tossed Salad Carrot Cake Tea/Coffee/Milk	Minestrone Soup Pasta Bake Garlic Bread Tossed Salad Diced Pears Tea/Coffee/Milk	Split Pea Soup Grilled Reuben Sandwich Tossed Salad Pudding Tea/Coffee/Milk	Chicken Noodle Soup Cottage Cheese Fruit & Muffin Baked Custard Tea/Coffee/Milk	Tomato Soup Omelets Tossed Salad Peaches Tea/Coffee/Milk
Dinner						
Beef Pot Pie Mashed Potatoes Corn Pie Tea/Coffee/Milk	BBQ Chicken Mashed Potatoes Buttered Peas Pudding Tea/Coffee/Milk	Beef Stew Gravy Mashed Potatoes Mixed Vegetables Chocolate Pudding Tea/Coffee/Milk	Baked Ham Scalloped Potatoes Vegetables Cake Tea/Coffee/Milk	Chicken Pot Pie Potatoes Carrots Tossed Salad Rice Pudding Tea/Coffee/Milk	Baked Fish Fillet Rice California Blend Veg Swirl Cake Tea/Coffee/Milk	Shepherd's Pie Brown Gravy Broccoli Ice Cream Tea/Coffee/Milk

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Breakfast						
Apple Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Orange Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Orange Juice Assorted Cold Cereals Oatmeal Boiled Eggs Toast/Jam Tea/Coffee/Milk	Cranberry Juice Assorted Cold Cereals Cream of Wheat Scrambled Eggs Toast/Jam Tea/Coffee/Milk	Apple Juice Assorted Cold Cereals Oatmeal Boiled Eggs Raisin Toast/Jam Tea/Coffee/Milk
Lunch						
Vegetable Soup Lasagna Tossed Salad Ice Cream Tea/Coffee/Milk	Beef Noodle Soup Pancakes with Strawberries and Whipped Cream Peach Yogurt Tea/Coffee/Milk	Cream of Carrot Soup Fish & Chips Or Sandwich Peaches Tea/Coffee/Milk	Beef Noodle Soup Croissant Ham Sandwich Bread & Butter Pickles Tapioca Pudding Tea/Coffee/Milk	Cream of Chicken Soup Quiche Tossed Salad Strawberry-Rhubarb Compote Tea/Coffee/Milk	Vegetable Soup Baked Beans & Wieners Bread Butterscotch Pudding Tea/Coffee/Milk	Cream of Potato Soup Assorted Sandwiches Eclairs Tea/Coffee/Milk
Dinner						
Turkey Schnitzel Gravy Mashed Potatoes Spinach Apple Pie Tea/Coffee/Milk	Salisbury Steak Gravy Mashed Potatoes Buttered Squash Lemon Pudding Tea/Coffee/Milk	Roast Beef Gravy Roast Potatoes Buttered Green Beans Fruit Tea/Coffee/Milk	Baked Chicken Breast Gravy Mashed Potatoes California Mix Veg Mandarin Orange Slices Tea/Coffee/Milk	Pork Sausages Gravy Mashed Potatoes Peas & Carrots Ice Cream Tea/Coffee/Milk	Baked Salmon Hollandaise Sauce Red Potatoes Mixed Vegetables Fruit Tea/Coffee/Milk	Sweet & Sour Meatball Rice Green Beans Ice Cream Tea/Coffee/Milk