

ALWAYS AVAILABLE MENU OPTIONS

BREAKFAST

Honey Nut Cheerios

Cheerios

Cornflakes

Raisin Bran

Total

Rice Krispies

Frosted Flakes

Oatmeal

Cream of Wheat

LUNCH DINNER

Cottage Cheese & Fruit

Grilled Cheese (plain, tomato or ham)

Hamburger/Cheeseburger

Turkey or Ham Sandwich

Chicken, Tuna or Egg Salad

Chicken Fingers

Hot Dog

Peanut Butter & Jelly

Cheese Pizza

Turkey Burger

Garden Salad

Baked Fish

Cheesesteak

REGULAR DIET

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Orange Juice Cornflakes Pancakes Scrambled Eggs Milk Coffee or Tea	Orange Juice Oatmeal French Toast Scrambled Eggs Sausage Milk Coffee or Tea	Orange Juice Cream of Wheat Scrambled Eggs Home Fries Blueberry Muffin Milk Coffee or Tea	Orange Juice Rice Krispies Blueberry Pancakes Bacon Milk Coffee or Tea	Orange Juice Oatmeal French Toast Scrambled Eggs Sausage Milk Coffee or Tea	Orange Juice Cheerios Scrambled Eggs Biscuit Milk Coffee or Tea	Orange Juice Cream of Wheat Cheese Omelet Home Fries English Muffin Milk Coffee or Tea
LUNCH	Vegetable Soup Turkey Chili or <i>Chicken Marsala</i> Rice Carrots Pears	Minestrone Soup Chicken Salad on White or <i>Southwest Flank Steak</i> Coleslaw Fruit Cup	Potato Chowder Sloppy Joe Sandwich or <i>Grilled Ham Steak</i> Peas & Carrots Ice Cream	Bean & Bacon Soup Pork Stir Fry or <i>Turkey Flatbread</i> Vegetable Fried Rice Oriental Blend Oreo Blondie	Chicken Florentine Soup Open Face Roast Beef Sandwich or <i>Tuna Salad Plate</i> Mashed Potatoes Baby Carrots Red Grapes	Beef Noodle Soup Breaded Chicken Sandwich Or <i>Fish & Chips</i> French Fries Green Beans Orange Sherbet	Lentil Soup Rigatoni Marinara with Meatballs or <i>Chicken Picante</i> Italian Blend Vegetables Berry Shortcake
DINNER	Beef Rice Soup Ravioli w/ Rosa Sauce or <i>Chicken Caesar Salad</i> Garlic Stick Yellow Squash Pound Cake	Corn Chowder Pepper Steak over Rice or <i>Orange Salmon</i> Broccoli Dinner Roll Chocolate Pudding	Turkey Noodle Soup Chicken Fingers or <i>Roast Beef Wrap</i> Macaroni & Cheese Carrots Butterscotch Pudding	Cream of Chicken Soup Mini Cheese Steak or <i>Egg Salad on Wheat</i> Sweet Potato Fries Green Beans Vanilla Cake	Pasta Fagioli Soup Chicken Parmesan or <i>Herb Lemon Cod</i> Rotini w/ Marinara Sauce Mixed Vegetable Dinner Roll Angel Food Cake	Vegetable Orzo Soup Meatloaf w/ Brown Gravy or <i>Grilled Ham & Cheese on Wheat</i> Mashed Potatoes Glazed Carrots Dinner Roll Blueberry Peach Cobbler	Split Pea Soup Herb Pork Chop or <i>Cottage Cheese & Fruit</i> Roasted Potatoes Broccoli Dinner Roll Brownie

NAME: _____

ROOM #: _____