

Week 3

## Antonine Village Menu Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B R E A K F A S T</b>	Orange Juice	Orange Juice	Fresh Bananas/OJ	Orange Juice	Orange Juice	Orange Juice	Orange Juice
	Rice Crispiess	Oatmeal	Corn Flakes	shredded wheat	Cheerios	Oatmeal	Raisin bran cereal
	Hard boiled eggs	Turkey & Cheese	Cheesy Eggs	Yogurt parfait Cheese sticks	Scrambled eggs	Sausage & gravy	Breakfast Cass:
	Croissants	Toast	Muffins	Donuts	Croissants	Biscuit	HashBr (southern) sausage, eggs
	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
<b>L U N C H</b>	Taco Stuffed peppers	Turkey & Gravy	Pork Chops	Baked Ziti	Chicken Taouk	Breaded fish	Hamburgers/Bun
	Beans	Stuffing Cranberry sauce	Zucchini	Carrots	Tossed salad	Haluski	Potato Salad
	Chips & Salsa	Green beans	Macaroni Salad	Tossed Salad	Baked potatoes		
	Apple Sauce	Wheat bread	Roll	Garlic bread	Pita bread	Roll	Fruit cups
	Watermelon	Ice cream	Pie	Cookies	Cake	Strawberries	Cookies
	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
<b>D I N N E R</b>	Tomato Soup	Vermicelli soup	Turkey Noodle S.	Beef Veg. Soup	Sloppy Joe's	Chicken rice s.	Cream of Mushroom
	Grilled cheese sandwiches	Egg salad Sand.	Ham/Cheese Croi	Hot Dogs/Bun	Bun	Quiche	Bologna Sandwich
	Corn	Yogurt	Carrots	Cauliflower	Zucchini	Tossed salad	Coleslaw
	Honey Dew	Fruit cocktail	Apples	Ice Cream	Fresh Oranges	Orange Jello	Watermelon

Dietitian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
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Dietitian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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Dietitian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_