

Antonine Village Menus-Week 1

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
DATE																
B R E A K F A S T	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C		
	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C		
	Oatmeal & Muffins	1/2 C & 1 P	Fried Eggs & Potatoes/ Peppers / onions	1 p & 1 C	French Toast & Bacon	2 P & 2 P	Scrambled Eggs & Sausage patties	1 C & 2 P	Cheese Egg McMuffin	1 P	Fried Eggs & Bagels with Cream Cheese	1 P & 1 P & 1 Tsb	Pancakes / Waffles with Fruit Topping & whipped cream			
	Bananas	1/2 P	Mandarine	1/2 C	Strawberries	1/2 C	BlueBerries	1/2 C	Pears	1/2 C	Cantaloupe	1/2 C	Hard Boiled Eggs	1 P		
L U N C H	Tomato soup	6 oz	Pork with Gravy	4 oz	Chicken Parmigiana	3 oz	Mac & Cheese	1 c	Baked Fish with lemon	3 oz	Philly steak sandwich	1 P	Turkey & Gravy	4 oz		
	Grilled Cheese	1 P	Butter Noodles	1/2 c	Pasta with Tomato Sauce	1/2 C			Cole Slaw	1/2 c	wedges potatoes	1/2 C	Stuffing	1 C		
	Steamed Cauliflower	1 C	Steamed Broccoli	1/2 C	Chef Salad	1/2 C	Steamed Broccoli	1/2 C	Baked potaoes & Sour Cream	1 P	Mix Greens Salad	1 C	Cranberry Sauce	1/2 C		
															Chocolate Cake	2" x2"
	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1/2 C
	D I N N E R	Beef Stew with vegetables	1 C	Chicken Caccatore with carrots	4 oz	Scalloped Potatoes & ham	1 C	Sloppy Joe	3 oz	Vegetable Soup	1 C	Beef Chili	1 C	Baked Ham & fruit Glaze	3 oz	
Mashed Potatoes				1/2 C	Potato salad			1/2 C	Tuna Salad over buns	1/2 c & 1 P	Maacaroni salad	1/2 c	Mashed Potatoes	1/2 C		
Pound Cake		1 P	Rolls	1 P	Carrots and Sweet Peas	1/2 C	Buns	1 P	Sweet potatoes	1/2 C	Italian Bread	1 P	Green beans	1/2 C		
Apple Sauce		1/2 C	Cantaloupe	1/2 C	Watermelon	1/2 C	Pineapple	1/2 C	Apricot	1/2 C	Grapes	1/2 C	Fruit Salad	1/2 C		
Skim Milk		1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C		

Dietitian's Signature: _____

Date: _____