

MENU

Dinner

Breakfast Choices

Fresh Fruit **Poached Egg** **Hot Cereal**
Cold Cereal Toast **Juice** **Sunday: Danish**

SUNDAY JANUARY 10	HOUSE DIET Roast Turkey/Gravy or Pot Roast Stuffing/Cranberry Sauce Mashed Potato/ Green Peas Butternut Squash Hot Fudge Sundae	NAS 4 TO 6 GRAM Roast Turkey/NAS Gravy or Pot Roast/Cranberry Sauce Mashed Potato/Green Peas Butternut Squash Mixed Fruit Sundae	LOW CHOLESTEROL Roast Turkey/LF Gravy or Pot Roast/Cranberry Sauce Mashed Potato/Green Peas Butternut Squash Sherbet/Mixed Fruit	CONSISTENT CARB Roast Turkey/Gravy or Pot Roast Mashed Potato Green Peas Butternut Squash SF Ice Cream/Mixed Fruit	2 GRAM SODIUM Roast Turkey/NAS Gravy or Pot Roast/ Cranberry Sauce NAS Mashed Potato/Green Peas Butternut Squash Mixed Fruit Sundae
MONDAY JANUARY 11	Swedish Meat Balls/Mushroom Gravy or Sliced Turkey Buttered Noodles/Mixed Vegetables/ Garden Salad Lemon Lush	NAS Swedish Meat Balls/NAS Mushroom Gravy or Sliced Turkey Buttered Noodles Mixed Vegetables/Garden Salad Lemon Lush	Swedish Meat Balls/LF Gravy or Sliced Turkey/Buttered Noodles Mixed Vegetables Garden Salad Lemon Lush	Swedish Meat Balls/Gravy or Sliced Turkey/Buttered Noodles Mixed Vegetables Garden Salad SF Lemon Pudding	NAS Swedish Meat Balls/NAS Gravy Or Sliced Turkey/Buttered Noodles Mixed Vegetables Garden Salad Lemon Lush
TUESDAY JANUARY 12	Baked Scallops/Tartar Sauce or Meat Loaf/ Twice-Baked Potato Roasted Carrots & Parsnips Cole Slaw Red Velvet Cake/Icing	Baked Scallops or Meat Loaf Baked or Sweet Potato Roasted Carrots & Parsnips Cole Slaw Red Velvet Cake/Icing	Baked Scallops or Meat Loaf Baked or Sweet Potato Roasted Carrots & Parsnips Cole Slaw Red Velvet Cake/Icing	Baked Scallops or Meat Loaf Baked or Sweet Potato Roasted Carrots & Parsnips Cole Slaw Mixed Fruit Salad	Baked Scallops or Meat Loaf Baked or Sweet Potato Roasted Carrots & Parsnips Cole Slaw Red Velvet Cake/Icing
WEDNESDAY JANUARY 13	Baked Golumpki or Bak. Haddock Pickled Beets Garden Salad Pumpernickel Bread & Butter Apple Pie w/ Cheese	Baked Golumpki or Bak. Haddock Sliced Beets Garden Salad Pumpernickel Bread & Butter Apple Pie	Baked Golumpki or Bak. Haddock Sliced Beets Garden Salad Pumpernickel Bread & Butter Apple Pie	Baked Golumpki or Bak. Haddock Sliced Beets Garden Salad ½ Slice of Pumpernickel Bread & Marg. SF Apple Pie	NAS Baked Golumpki or Bak. Haddock/ Sliced Beets Garden Salad Pumpernickel Bread & Butter Apple Pie
THURSDAY JANUARY 14	Chicken & Spinach Casserole or Hamburger/ Rice Pilaf Mashed Turnip Green Beans Maple Walnut Ice Cream Cone	Chicken & Spinach Casserole or Hamburger/ Baked or Sweet Potato/ Mashed Turnip Green Beans Maple Walnut Ice Cream Cone	Chicken & Spinach Casserole or Hamburger/ Rice Pilaf Mashed Turnip Green Beans Sherbet Cone	Chicken & Spinach Casserole or Hamburger/ Rice Pilaf Mashed Turnip Green Beans SF Ice Cream Cone	NAS Chicken & Spinach Casserole Or Hamburger/Baked or Sweet Potato/Mashed Turnip Green Beans Maple Walnut Ice Cream Cone
FRIDAY JANUARY 15	Lobster Salad Roll or Chicken Salad Roll/ French Fries/Onion Rings/ Cole Slaw Sliced Tomatoes/Dressing Coconut Cake	Chicken Salad Roll or Tuna Salad Roll/ Yellow Beans Sliced Tomatoes/Dressing Cole Slaw Coconut Cake	Tuna Salad Roll or Chicken Salad Roll/ Yellow Beans Sliced Tomatoes/ Dressing Cole Slaw Coconut Cake	Lobster Salad Roll or Chicken Salad Roll/ Yellow Beans Sliced Tomatoes/ Dressing Cole Slaw SF Chocolate Pudding/Cream	Chicken Salad Roll or Tuna Salad Roll/ Yellow Beans Sliced Tomatoes/NAS Dressing Cole Slaw Coconut Cake
SATURDAY JANUARY 16	Pork Chow Mein/Noodles or Baked Chicken Leg/ Vegetable Fried Rice/Corn/Broccoli Cook's Choice	NAS Pork Chow Mein or Baked Chicken Leg/ White Rice Corn/ Broccoli Cook's Choice	Pork Chow Mein/ Noodles or Baked Chicken Leg/ Vegetable Fried Rice Corn/ Broccoli Cook's Choice	Pork Chow Mein/Noodles or Baked Chicken Leg/Vegetable Fried Rice / Corn/ Broccoli Cook's Choice	Roast Pork/Nas Gravy or Baked Chicken Leg/ White Rice Corn/ Broccoli Cook's Choice