

Antonine Village Menus-Week 4

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
DATE														
BR EA KF AS 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 & Apple Turnovers	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	2 P & 1/3 C
	Bananas	1/2 P	Peaches	1/2 C	Strawberries	1/2 C	BlueBerries	1/2 C	Pears	1/2 C	Cantaloupe	1/2 C	Hard Boiled Eggs	1 P
LU NC H	Mushroom Soup	1 C	Spaguetti & Meatballs	1C / 3 Oz	Chicken Rice soup	1 C	Hot dog & Buns	1 P	Shrimp Alfredo	3 oz	Beef Taco & Sauce	1 C	Roasted Potatoes	1/2 C
	Green Salad	1 C	Chef Salad	1/2 C	Assorted Deli Sandwiches (Bologne, Salami, Cheese)	1 P	Baked Chili Beans	1/2 C	Angel hair Pasta	1/2 C	White Rice	1/2 CP	Hamburgers over buns	3 oz
	Pizza (Super Supreme)	4" x 4"	Garlic Bread	1	Tossed salad	1 C	Sauerkraut	1/2 c	Steamed broccoli	1/2 C	Relish Tray & sour Cream	1 C	Relish Tray	
	Chocolate Cake	2" x 2"	Rice Pudding	1/2 C	Vanilla Cake	2" x 2"	Apple Pies	2" x 2"	Jello	1/2 C	Berris Pies	2" x 2"	Sherbet / Ice Cream	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
DI NN ER	Pork Roast with Gravy	4 oz	Beef vegetable Soup	1 C	Stuffed Cabbage	1 P	Cooked Ribs with Gravy	3 oz	Tomato soup	1 C	Chicken & gravy	3 oz	Maacaroni salad	1/2 C
	Potato & Carrots	1/2 C	Turkey Salad	1/2 C			Pasta Salad with vegetables	1 C	Baked Perogies With Onions & Sour Cream	3 P	Cheesy Potatoes	1/2 C	Sausage with Sauerkraut	6 oz
	Apple Sauce	1/2 C	buns	1 P	Mashed Potatoes	1/2 C			Beats	1/2 c	Green Beans	1/2 C	Buns	1 P
	Pound cake	1 P	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: _____