

Week 1

## 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
	Pancakes (2)	Ham, egg & Cheese	Bacon (3)	Turkey & Cheese	Fried eggs	Spinach eggs	Hard boiled eggs (1 to 2)
	Cocktail Sausage (6)	Breakfast sandwich	Cream cheese	Toast	Donuts	Croissant	Margarine
	Margarine	Raisin bran cereal	Cream of Wheat	Corn Flakes	Hot oatmeal (1/2 C)	Mini Wheats	Toast
	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
<b>L U N C H</b>	BBQ chicken	Shepherd pie	Salmon Patties	Meat loaf	Sausage, peppers	Chicken Parmasan	Pulled pork
	Broccoli	Waldorf salad	Garden Salad	Mashed potatoes	& Onions	Pasta	Baked sweet Pot
	Bun	Bread	Sweet Potatoes	Carrots	Bun	Tossed salad	Cole Slaw
		Green beans	Bun	Bread	Tossed Salad	Bread	Buns
	Orange fruited gelatin	Canned black cherries	Berry Pie	Ice Cream	Canned Pears	Lime Jello Fluff	Cookie
	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
<b>D I N N E R</b>	Vegetable soup	Tun noodle Casser.	Chicken rice soup	Baked fish	Tomato soup	Yogurt	Beef noodle soup
	Hot dogs	Peas	BLT	Corn/Biscuits	Grilled cheese Sandwiches	Potato salad	Chicken Bacon wrap
	Buns	Tossed salad	Bean Salad	tossed salad	Green beans	carrots, broccoli, Cauliflower	Spinach salad
	Strawberries	Applesauce	Banana Pudding	Oranges	Cantaloupe	Cherry Jello	Honeydew

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: \_\_\_\_\_