

### Antonine Village Menus-Week 3

	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 peanut butter & Jelly	1 P & 1 P & 1 Tsb	Pancakes / Waffles with Fruit Topping & whipped cream	2 P & 1/3 C
	Bananas	1/2 P	Apricot	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	Mac & Cheese	1 c	Fettucino Alfredo Chicken	1 C	BBQ Pork	3 oz	Fish Fingers	3 oz	Chicken Fahita / Wraps	3 Oz	Beef Strogonoff	1 C
	Grilled Cheese	1 P			Garlic Bread	1 P	Butter Noodles	1/2 C	Roasted Potatoes	1/2 C	Roasted Potatoes	1 C	Butter noodles	1/2 C
	Green Salad	1 C	Steamed Brocoli	1/2 C	Iceberg Salad	1/2 c	Iceberg Salad	1/2 c	Cucumber Salad	1/2 C	Cole Slaw	1 C	Steamed Brocoli	1/2 C
	Chocolate Cake	2" x2"	Rice Pudding	1/2 C	Vanilla Cake	2" x2"	Apple Pies	2" x2"	Jello	1/2 C	Berris Pies	2" x2"	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
D I N N E R	Pork Cabbage	4 oz	Chicken Rice Soup	1 C	Salisbury Steak w gravy	1 P	Sloppy Joe	3 oz	Cream of Mushroom Soup	1/2 C	Beef Chili	1 C	Baked Ham & fruit Glaze	3 oz
	Potato & Carrots	1/2 C	Ham Salad over buns	1/2 C & 1 P	Mashed potatoes	1/2 C	Potato Salad	1/2 C	Meat Ravioli with cheese	1 C	Italian Bread	1 P	Mashed Potatoes	1/2 C
	Rolls	1 P			Cream of Corn	1 C	Buns	1 P	Sweet Peas & Corn	1/2 C	Maacaroni salad	1/2 c	Green Beans	1/2 C
	Apple Sauce	1/2 C	Cantaloupe	1/2 C	Watermelon	1/2 C	Pineapple	1/2 C	Peaches	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: \_\_\_\_\_