



## Weekly Menu Sample

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of: Pancakes w/ sausage Yogurt w/ cereal Bagel w/ cream cheese Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cereal Bagel w/ cream cheese Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cereal Bagel w/ cream cheese Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cereal Bagel w/ cream cheese Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cereal Bagel w/ cream cheese Coffee, tea, fruit juice
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Sliced Turkey w/ gravy Mashed Potatoes Steamed Vegetables Cornbread Muffin Brownie Squares	Meatloaf w/ gravy Mac & Cheese Green Beans Whole Grain Bread Assorted cookies	Ziti w/meatballs Vegetables Whole Grain Bread Cinnamon Apples	Rotisserie Chicken Southwest Rice Creamed Spinach Corn bread Assorted cookies	Sliced Turkey w/ gravy New Dill Potatoes Sweet Potato Casserole Cornbread Muffin Brownie Squares
<b>Snack PM</b>	<b>Snack PM</b>	<b>Snack PM</b>	<b>Snack PM</b>	<b>Snack PM</b>
Cheese Cracker with fruit	Ice Cream Graham crackers	Peanut butter & jelly sandwich	Yogurt with fruit Graham crackers	Ice Cream Graham crackers

**Beverage options:** Coffee, Tea (hot or cold), water, apple juice

*Our nutritious meals are freshly prepared and dietician approved.*

