



Sample Breakfast Menus

MONDAYS

Orange Juice, Oatmeal, Cold Cereal, Fried Eggs, Assorted Toasts
Margarine, Milk, Coffee/Tea/Decaf

TUESDAYS

Orange Juice, Farina, Cold Cereal, Poached Eggs, Assorted Toasts
Margarine, Milk, Coffee/Tea/Decaf

WEDNESDAYS

Orange Juice, Oatmeal, Cold Cereal, Scrambled Eggs, Raisin Toast
Margarine, Milk, Coffee/Tea/Decaf

THURSDAY

Orange Juice, Farina, Cold Cereal, French Toast w / Syrup
Margarine, Milk, Coffee/Tea/Decaf

FRIDAY

Orange Juice, Oatmeal, Cold Cereal, Fried Eggs, Assorted Toasts
Margarine, Milk, Coffee/Tea/Decaf

SATURDAY

Orange Juice, Farina, Cold Cereal, Scrambled Eggs, Assorted Toasts
Margarine, Milk, Coffee/Tea/Decaf

SUNDAY

Orange Juice, Farina, Cold Cereal, Hard Cooked Eggs, Cinnamon Roll
Margarine, Milk, Coffee/Tea/Decaf



Sample Lunch Menus

MONDAYS

Swiss Steak, Mashed Potatoes, Buttered Turnips, Ginger Bread
Margarine, Milk, Coffee/Tea/Decaf

TUESDAYS

Golden Baked Chicken, Parslied Noodles, Butternut Squash, Mousse Parfait
Margarine, Milk, Coffee/Tea/Decaf

WEDNESDAYS

Corned Beef, Cabbage, Boiled Potatoes, Ice Cream
Margarine, Milk, Coffee/Tea/Decaf

THURSDAY

Eggplant Parmesan, Broccoli Spears, Tossed Salad, Italian Bread, Lemon Tarts
Margarine, Milk, Coffee/Tea/Decaf

FRIDAY

Baked Salmon, Seasoned Rice, Stewed Tomatoes, Chocolate Cake
Margarine, Milk, Coffee/Tea/Decaf

SATURDAY

Baked Ham, Sweet Potatoes, Green Peas, Ice Cream
Margarine, Milk, Coffee/Tea/Decaf

SUNDAY

Roast Turkey w/ Stuffing, Cranberry Sauce, Baked Sweet Potatoes, Green Beans, Apple Pie
Margarine, Milk, Coffee/Tea/Decaf



Sample Dinner Menus

MONDAYS

Lentil Soup w/ crackers, Chicken Pot Pie, Spinach Salad, Assorted Dressings
Ice Cream, Milk, Coffee/Tea/Decaf

TUESDAYS

Cream of Spinach Soup w/ crackers, Stuffed Shells & Sauce, Wax Beans, Italian Bread
Chilled Pear Halves, Margarine, Milk, Coffee/Tea/Decaf

WEDNESDAYS

Beef Noodle Soup w/ crackers, Baked Fish on Buns, Tartar Sauce, Lettuce & Tomato
Fruited Jell-O, Milk, Coffee/Tea/Decaf

THURSDAY

Cream of Mushroom Soup w/ crackers, Hot Dogs on Buns, Baked Beans
Orange/Grapefruit Sections, Milk, Coffee/Tea/Decaf

FRIDAY

New England Clam Chowder w/ crackers, Grilled Cheese Sandwiches, Three Bean Salad
Tapioca Pudding, Milk, Coffee/Tea/Decaf

SATURDAY

Tomato Soup w/ crackers, Tuna Salad Plate, Lettuce & Tomato, Assorted Breads
Pineapple Tidbits, Margarine, Milk, Coffee/Tea/Decaf

SUNDAY

Chicken Noodle Soup w/ crackers, Chili Con Carne over White Rice, Carrot Coins
Fresh Fruit, Milk, Coffee/Tea/Decaf