

Sunday 12/16/18	Monday 12/17/18	Tuesday 12/18/18	Wednesday 12/19/18	Thursday 12/20/18	Friday 12/21/18	Saturday 12/22/18
BREAKFAST						
Cheese Omlet Corn Muffins Orange Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Scrambled Eggs Sausage Link Wheat Toast Butter & Jelly Hot or Cold Cereal Assorted Juices 8oz Milk	Danish & Yogurt Fruit Cup Orange Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Fried Egg Sandwich with Cheese Hot or Cold Cereal Assorted Juices 8oz Milk	French Toast Butter & Syrup Orange Ring Hot or Cold Cereal Assorted Juices 8oz Milk	Cheese Omelet Wheat Toast Butter & Jelly Peach Slice Hot or Cold Cereal Assorted Juices 8oz Milk	Waffles with Fruit Sauce Butter & Syrup Melon Slice Hot or Cold Cereal Assorted Juices 8oz Milk
LUNCH						
French Meat Pie Mashed Potatoes Burgundy Gravy Chocolate Cream Tart 4oz Milk	Pork Stir Fry over Rice Egg Roll Fortune Cookie Peaches & Cream 4oz Milk	Pasta Fagioli Side Garden Salad Roll & Butter Cinnamon Bread Pudding 4oz Milk	Spaghetti & Meatballs Ceasar Salad Garlic Bread Stick Assorted Ice Cream 4oz Milk	Roast Chicken Apple Bacon Stuffing Mashed Potatoes with Gravy Buttered Peas Roll & Butter Pumpkin Pie 4oz Milk	Breaded Baked Fish Rice Pilaf Green & Yellow Squash Lemon Bread & Butter Strawberry Shortcake 4oz Milk	Meatloaf with Mushroom Gravy Garlic Mashed Potato Buttered Corn Roll & Butter Pudding Tart 4oz Milk
Alternate Choice:						
Fish & Chips Cole Slaw Lemon	Baked Meatloaf Mashed Potatoes Green Beans	Sausage & Pepper Sub Potato Chips	Salsbury Steak Mashed Potatoes Green Beans	Baked Ham Mashed Potatoes Baked Beans	B.B.Q Chicken Breast Sandwich Potato Chips	Baked Stuffed Shells Broccoli Roll & Butter
DINNER						
Hot Pastrami & Swiss Sandwich Corn Chips Pickle spear Ice Cream Sundae 4oz Milk	Tomato Soup with crackers Ham Salad Plate Lettuce & Tomato Roll & Butter Banana Pudding 4oz Milk	Beer batter Fish on a roll Potato Pancakes Cole Slaw Tarter Sauce Mandarine Oranges 4oz Milk	Western Omelet Homefries Melon Wedge Brownie 4oz Milk	Tomato Soup Crackers Chicken, Broccoli & Cheese Turnover Potato chips Peach Crisp with Whipped Cream 4oz Milk	New England Clam Chowder Oyster Crackers Grilled Cheese on wheat bread Cucumber Salad Cookies 4oz Milk	Puff Pastry wrapped Hot Dog with Cheese Honey Mustard sauce Baked Beans Pineapple Tidbits 4oz Milk
Alternate Choice:						
Cheese Omelet Home Fries Winter Blend Vegetable	Soup Chicken Salad Plate Lettuce & Tomato Roll & Butter	Grilled Cheese & Tomato Sandwich French Fries Pickle Spear	Yogurt & Fruit Plate	Soup Cheese Burger Potato Chips Pickle Spear	Chowder Chicken Patty on a bun Green Beans	Tunafish on Toast Carrots Potato Chips

Fall / Winter Menu

Week 1

2019

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups

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Sunday 12/23/18	Monday 12/24/18	Tuesday 12/25/18	Wednesday 12/26/18	Thursday 12/27/18	Friday 12/28/18	Saturday 12/29/18
BREAKFAST						
Yogurt Assorted Danish Fresh Fruit Salad	Hard Boiled Egg Toast & Butter Peach Slice	Cheese Omelet Toast & Butter Fresh Fruit Cup	Pancakes Bacon Butter & Syrup	Scrambled Eggs with Cheddar Cheese Corn Muffin Melon Wedge	Western Omelet Toast, Butter & Jelly	Apple Stuffed Pancakes Butter & Syrup Peach Slice
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk
LUNCH						
Chicken Parmigiana Pasta Buttered Broccoli	Shepards Pie Burgundy Gravy Roll & Butter	Quiche Loraine Garlic Mashed Potato Seasoned Asparagus Roll & Butter	American Chop Suey Balsomic Green Bean Salad	Veal Marsalla Polenta Zucchini & Tomatoes Garlic Bread	Stuffed Sole Baked Potato & Sour Cream Seasoned Pea Pods Lemon Garnish	Beef Tips Over Mashed Potato Buttered Green Beans Buttermilk Biscuit
Fruit tart 4oz Milk	Peaches & Cream 4oz Milk	Mandarin Oranges 4oz Milk	Fruit Sherbert 4oz Milk	Rice Pudding 4oz Milk	Chocolate Éclair 4oz Milk	Chocolate Cream Tart 4oz Milk
Alternate Choice: Stuffed Cabbage Green Beans Roll & Butter	Fried Chicken Mashed Potato Carrots	Baked Fish Mashed Potato Green Beans	B.B.Q Pork Patty Mashed Potato Carrots	Salisbury Steak Mashed Potato Green Beans	Stuffed Chicken Florentine Mashed Potato Carrots	Broccoli Quiche Mashed Potato Carrots
DINNER						
Bacon Cheese Burger Croissant Corn Chips Cole Slaw	Cream of Mushroom Soup Crackers Grilled Ham & Cheese Sandwich Potato Chips Pickle Spear	Steak & Cheese on a Roll Home Fries Pickle Spear	Personal Cheese Pizza Caesar Salad	Chicken Soup Crackers Texas toast Grilled Cheese Potato Chips Crackers	Manhattan Chowder Oyster Crackers Seafood Salad Sandwich Pickle Spear	Chicken Patty on a Roll Honey Mustard Potato Chips Pickle Spear
Ice Cream 4oz Milk	White Cake 4oz Milk	Pumpkin Pudding 4oz Milk	Pineapple Tidbits 4oz Milk	Cantalope 4oz Milk	Assorted Cookies 4oz Milk	Pound Cake with Strawberries 4oz Milk
Alternate Choice: Chicken on a bun Potato Chips Carrots	Soup Cottage Cheese Fruit Plate	Sausage Egg & Cheese on a Roll Home Fries	Egg Salad Sandwich Potato Chips Pickle Spear	Soup Ham & Beans Brown Bread	Chowder Fried German Bologna & Cheese Sandwich Pickle Spear	Fruit & Yogurt Plate

Fall / Winter Menu

Week 2

2019

Snack Packs

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups

Sunday 12/30/18	Monday 12/31/18	Tuesday 1/1/19	Wednesday 1/2/19	Thursday 1/3/19	Friday 1/4/19	Saturday 1/5/19
BREAKFAST						
Assorted Doughnut Fruit Cup Yogurt Peach Slice	Hard Boiled Egg Wheat Toast Butter Butter & Jelly Orange Wedge	Egg & Cheese on Toast Melon Slice	Pumpkin Pancakes Sausage Peach Slice	Scrambled Eggs Biscuits & Gravy Powder Sugar Garnish	Western Omelet Wheat Toast Butter Butter & Jelly Orange Wedge	Waffles with Fruit Sauce Butter & Syrup
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk
LUNCH						
Sweedish Meatballs Egg Noodles Buttered Peas Roll & Butter	Pepperoni Pizza Side Salad	Chicken Scalabrini Roasted Olives & Artichoke Peppers & Onions Roll & Butter	Turkey Chilli in a Bread Bowl Ceasar Salad	Veal, Peas & Mushrooms over Wholegrain Pasta Garlic Bread	Fried Clams & Shrimp Platter Rice Cocktail & Tarter Sauce Buttered Broccoli Roll & Butter	Meatloaf with Mushroom Gravy Mashed Potato Carrots Roll & Butter
Banana Pudding 4oz milk	Fruit Cup 4oz milk	Chocolate Pudding with Whipped Cream 4oz milk	Assorted Ice Cream 4oz milk	Cinnamon Apples 4oz milk	Banana Bread Pudding 4oz milk	Peach Crisp 4oz milk
Alternate Choice: Stuffed Cabbage Mashed Potatoes Carrots	Breaded Chicken Mashed Potatoes Green Beans	Veal Parmigiana Pasta Broccoli	Chicken & Dumplings Green Beans	Cheese Burger Potato Chips Carrots	Oven Roasted Chicken Mashed Potatoes Green Beans	Baked Fish Mashed Potatoes Wax Beans
DINNER						
BBQ Pulled Chicken on a Bun Cole Slaw Potato Chips	Split Pea Soup Crackers Bologna & Cheese on a Roll Pickle Spear	Breaded Croissant with Spinach & Fetta Tater Tots	Baked Fish on a Roll Potato Chips Cole Slaw	Tomato Soup Grilled Cheese Sandwhich Home fried Potatoes	Corn Chowder Oyster Crackers Tunafish Sandwich Three Bean Salad	Macaroni & Cheese with Ham Crumb Topping Stewed Tomatoes
Ice Cream Sundaes 4oz milk	Yellow Cake with Carmel Topping 4oz milk	Fruited Jell-O 4oz milk	Apple Cake 4oz milk	Brownie 4oz milk	Cookies 4oz milk	Fresh Cantalope 4oz milk
Alternate Choice: Open Face Turkey Sandwich Mashed Potatoes Green Beans	Soup Egg Salad Plate Lettuce & Tomato Dinner Roll	Chicken Salad Sandwich Chips & Pickles	Chicken Sandwich Mashed Potatoes Carrots	Soup Burger Potato Chips Pickle Spear	Chowder Ham & Cheese Sandwich on wheat	Breaded Chicken Sandwich Lettuce & Tomato Potato Chips

Fall / Winter Menu

Week 3

2019

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups

Sunday 1/6/19	Monday 1/7/19	Tuesday 1/8/19	Wednesday 1/9/19	Thursday 1/10/19	Friday 1/11/19	Saturday 1/12/19
BREAKFAST						
Fruit Yogurt Fruit Cup Hot or Cold Cereal Assorted Juices 8oz Milk	Scrambled Egg with Biscuit Jelly & Margarine Orange Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Egg Nog French Toast Butter & Syrup Cinnamon Sugar Garnish Hot or Cold Cereal Assorted Juices 8oz Milk	Scrambled Eggs Corn Muffin Butter & Jelly Fruit Yogurt Hot or Cold Cereal Assorted Juices 8oz Milk	Blueberry Pancakes Sausage Butter & Syrup Orange Ring Hot or Cold Cereal Assorted Juices 8oz Milk	Roasted Veg & Cheese Frittata Wheat Toast Peach Slice Hot or Cold Cereal Assorted Juices 8oz Milk	Waffles & Apples Butter & Syrup Hot or Cold Cereal Assorted Juices 8oz Milk
LUNCH						
Smoked Ham Roasted Sweet Potato Buttered Peas Bread & Butter Peanut Butter Pie 4oz milk	Salisbury Steak Baked Potato with Sour Cream Buttered Corn Ice Cream Sundaes 4oz milk	Chicken Alfredo over Bowtie Pasta Garden Side Salad Garlic Bread Stick Peaches & Cream 4oz milk	Baked Lasagna Roll Up Green Beans & mushrooms Roll & Butter Chocolate Bread Pudding 4oz milk	BBQ Chicken on the bone Corn Bread Baked Beans Carrot Cake 4oz milk	Beer Battered Cod Corn on the Cob Cole Slaw Roll & Butter Mandarin Oranges 4oz milk	Turkey Stew Buttermilk Biscuit Pumpkin Pie 4oz milk
Alternate choice: Veal Patty & Gravy Mashed Potatoes Green Beans	Cantelloni Broccoli	Riblet Burger Potato Chips Seasoned Carrots	Sausage & Pepper on a Roll Potato Chips	Stuffed Pepper Mashed Potatoes Green Beans	Southern Fried Chicken Mashed Potatoes Green Beans	Broccoli Quiche Mashed Potatoes Carrots
DINNER						
Tuna Salad Plate Lettuce & Tomato Roll Butter Fruit Cocktail 4oz milk	Italian Wedding Soup Crackers Grilled Cheese Sandwhich Potato Chips Ambrosia 4oz milk	Two Mini Burgers Lettuce & Tomato Home Fries Ketchup Cinnamon Pears 4oz milk	Potato Cheddar Soup Grilled Ham & Cheese Sandwich Potato Chips Pickle Spear Fruited Jello 4oz milk	Grilled Cornbeef & Cheese on Rye Potato Pancakes Ketchup Pumpkin Pudding Tart 4oz milk	Shrimp Bisque Oyster Crackers Chicken Salad on Roll Pasta Salad Ice Cream 4oz milk	Two Chicken Sliders Sweet Potato Chips Pickle Spear Peaches & Cream 4oz milk
Alternate choice: Cheese Burger Lettuce & Tomato Maccroni Salad	Soup B.B.Q. Chicken on a Bun Potato Chips	Egg & Cheese on Croissant Home Fries	Franks & Beans Roll & Butter	Chicken Patty on a Roll Potato Chips Pickle Spear	Bisque Grilled Cheese & Tomato Sandwich Potato Chips Pickle Spear	Grilled Ham & Cheese Sandwich Potato Chips Pickle Spear

Fall / Winter Menu

Week 4

2019

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups