




Weekly SPECIALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Orange Juice or Juice of Choice Cream of Wheat Breakfast Ham Waffles Margarine & Syrup	Apple Juice or Juice of Choice Corn Flakes Ham & Cheese Omelet English Muffin Margarine, Jelly	Grape Juice or Juice of Choice Oatmeal Sausage Pattie Cinnamon French Toast Margarine & Syrup	Cranberry Juice or Juice of Choice Rice Krispies Egg & Cheese Biscuit Chilled Pears	Orange Juice or Juice of Choice Cream of Wheat Bacon Chocolate Chip Pancakes Margarine & Syrup	Apple Juice or Juice of Choice Raisin Bran Scrambled Eggs Rye Toast Margarine & Jelly	Grape Juice or Juice of Choice Oatmeal Cheese Quiche Hash Browns
Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
LUNCH						
Chicken Shawarma Baked Potato Sautéed Spinach Chocolate Cake with White Icing	Turkey a la King Buttered Rice California Blend Vegetables Lemon Mousse	Meatloaf with Gravy Cheddar Mashed Potatoes Seasoned Brussel Sprouts Chilled Pear Crisp	Macaroni & Cheese Stewed Tomatoes Vanilla Ice Cream	BBQ Pulled Pork Corn Souffle Key Largo Vegetable Blend Snickerdoodle Cookie	Parmesan Oven Fried Fish Rice Pilaf Buttered Green Peas Strawberry Pretzel Dessert	Stuffed Bell Pepper Mashed Potatoes Wax Beans Mandarin Oranges
Roast Beef with Gravy	Kielbasa and Sauerkraut	Pasta with Alfredo Sauce	Baked Fish with Crumb Topping Parmesan Orzo	Baked Swiss Steak	Chicken Cordon Bleu	Roasted Herb Turkey
DINNER						
Pasta Fagioli Soup Italian Hoagie Pickled Beets Chilled Tropical Fruit Cup	Crispy Chicken Sandwich Tater Tots Buttered Carrots Chilled Fruit Cocktail	Pepperoni Pizza Italian Green Beans Citrus Gelatin Salad	Sloppy Joe on Bun French Fries Steamed Broccoli Cinnamon Applesauce	Cream of Potato Soup Seafood Salad on a Croissant Cole Slaw Chilled Peaches	Cheese Tortellini with Marinara Sauce Bread Stick Green Beans Chilled Emerald Pears	Chicken Nuggets Italian Pasta Salad Mixed Vegetables Pound Cake w/ Raspberry Sauce
Egg Salad Sandwich on Wheat Bread	Cheeseburger on a Bun	Grilled Turkey Reuben	Oven Fried Chicken	Grilled Cheese Sandwich	Hot Dog on Bun French Fries	Tuna Melt

Breakfast Includes: Hot Coffee, Hot Tea – Regular or Decaf, Milk – Whole, 2% or Skim, Juice – Orange, Apple, Cranberry, Prune, or Tomato

Lunch and Dinner Include: Hot Coffee, Hot Tea – Regular or Decaf, Milk – Whole, 2% or Skim

 A Blueberry on the menu indicates a “Be Well” recipe – these items will be trans fat free, minimally processed and mindful of sodium.