

Summer Fall 2023 - Week  
1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

**BREAKFAST**

Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Orange Juice	Cranberry Juice	Apple Juice	Grape Juice	Pineapple Juice	Orange Juice	Cranberry Juice
Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Vanilla Smooth Cottage Cheese	Pancakes	Scrambled Eggs	Asst. Activia Yogurt	Poached Egg	Havarti Cheese	Scrambled Eggs
Mini Fruit Danish	Sausage Links	White Toast	Apple Spice Muffin	Whole Wheat Toast	Rye Toast	Bacon
2% Milk	Syrup	Strawberry Jam	2% Milk	Raspberry Jam	Grape Jelly	Whole Wheat Toast
Hot Tea	2% Milk	2% Milk	Hot Tea	2% Milk	2% Milk	Strawberry Jam
Special K Cereal	Hot Tea	Hot Tea	Raisin Bran Cereal	Hot Tea	Hot Tea	2% Milk
Peanut Butter	Bran Flakes	Rice Krispies Cereal	Peanut Butter	Special K Cereal	Bran Flakes	Hot Tea
Raisin Toast	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	Rice Krispies Cereal
	Whole Wheat Toast	Whole Wheat Toast		White Toast	Whole Wheat Toast	Peanut Butter
						White Toast

**LUNCH**

Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers
Navy Bean & Ham Soup	Chicken Florentine Soup	Tomato Vegetable & Rice Soup	Beef Barley & Vegetable Soup	Corn Chowder	Turkey Noodle Soup	Cream of Celery Soup
Pulled Pork	Macaroni & Cheese	Hamburger w/Lettuce & Tomato	Turkey Meatloaf	Tuna Salad Sndw on WW	Pork Tourtiere	Chicken Fingers with Plum Sauce
Potato Pancake	5-Way Mixed Vegetables	Potato Salad	Parsley Carrots	Carrot Raisin Salad	Fancy Blend Vegetables	Sweet Potato Puff RTB
Green Peas	Whole Wheat Bread	Pineapple Tidbits	Whole Wheat Bread	Stewed Prunes	Peaches & Pears	Plum Sauce
Diced Fresh Melon	Strawberries	Chicken Caesar Salad	Mandarin Oranges	Beef Pie	Egg Salad Sndw on Wheat	Mango
Deviled Egg	Shaved Ham Sndw on WW	Garlic Bread	Fried Egg & Cheddar Sndw Toasted	Prince Edward Vegetables	Tomato Onion Salad	Chili Con Carne
Macaroni Salad	Cherry Tomatoes	Ice Cream Sandwich	Cucumber & Red Onion Salad	White Roll	Tripleberry Crumble Bar	Mixed Green Salad
Pickled Beets & Lettuce	Maple Cake		Black Cherry Ice Cream	Marbled Fruit Gelatin		Corn Muffin
Whole Wheat Bread						Rice Krispies Bar
Neapolitan Ice Cream						

**DINNER**

Beef Potato Casserole	Turkey a la King	Pork Roast	Spinach Cheese Penne	Chicken Fricassee	Lemon Pepper Cod	Roast Beef
Parsley Carrots	Puff Pastry Shell	Chive Whipped Potatoes	Seasoned Green Beans	Rice Pilaf	Lemon Wedge	Mashed Potatoes
Wheat Roll	Buttered Brussels Sprouts	Orange-Glazed Beets	Garlic Bread	Steamed Broccoli	Baked Sliced Potatoes	Lima Beans
Fruit Cocktail	Whole Wheat Bread	Wheat Roll	Sliced Apricots	Rye Bread	Peas & Carrots	Wheat Roll
Breaded Style Chicken	Chilled Diced Pears	Brown Gravy	Hungarian Goulash	Fresh Watermelon	Wheat Roll	Horseradish
Red Potato Salad	Lemon Wedge	Blueberries with Whip Topping	Mashed Potatoes	Farmers Sausage	Fresh Berries	Stewed Rhubarb
Cucumber Slices	Parmesan & Herb Breaded Tilapia	Veal Roulade	Buttered Corn	Boiled Red Potato	Beef Mushroom Ragout	Pineapple Pork Chop
Vanilla Bean Cake	Au Gratin Potatoes	Egg Noodles	Iced Brownie	5-Way Mixed Vegetables	Tri-Color Rotini	Roasted New Potatoes
	Wax Beans	Diced Squash		Buttertart Square	Cauliflower	Paradisio Vegetables
	Raspberry White Choc Cake	Lemon Meringue Pie			Whipped Topping	Cherry Pie
					Pound Cake	

Summer Fall 2023 - Week  
2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

**BREAKFAST**

Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Apple Juice	Grape Juice	Pineapple Juice	Cranberry Juice	Orange Juice	Apple Juice	Orange Juice
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat
Scrambled Eggs	Cottage Cheese	Fried Egg	Marble Cheese Slice	Asst. Activia Yogurt	Mixed Veg & Cheese Frittata	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Whole Wheat Toast	Blueberry Muffin	Whole Wheat Toast	Bacon
Grape Jelly	Apple Jelly	Raspberry Jam	Strawberry Jam	2% Milk	Raspberry Jam	Whole Wheat Toast
2% Milk	2% Milk	2% Milk	2% Milk	Hot Tea	2% Milk	Apple Jelly
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Raisin Bran Cereal	Hot Tea	2% Milk
Raisin Bran Cereal	Special K Cereal	Bran Flakes	Rice Krispies Cereal	Peanut Butter	Special K Cereal	Hot Tea
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Bran Flakes
White Toast	White Toast	Whole Wheat Toast	White Toast	Grape Jelly	White Toast	Peanut Butter
						White Toast

**LUNCH**

Soda Crackers	Soda Crackers	Soda Crackers	Garden Vegetable Soup	Soda Crackers	Scotch Broth	Soda Crackers
Beef Vegetable Soup	Cream of Broccoli Soup	Mulligatawny Soup	Soda Crackers	French Onion Soup	Soda Crackers	Cream of Potato Soup
Seafood Primavera with Mushrooms	Shaved Beef Sndw on Wheat	Turkey & Swiss on Croissant	Beef Cabbage Roll w/Tomato Sauce	Spinach & Swiss Quiche	Chicken Burger on Bun	Steak & Mushroom Pie
Julienne Parsley Carrots	Mixed Salad with French Dressing	Triple Bean Salad	Montego Vegetables	Sliced Carrots	Creamy Cucumber Salad	Wax Beans w/Tarragon
Buttered White/WW Bread	Bananas & Pineapple	Cantaloupe Wedges	Rye Bread	Strawberries	Mandarin Oranges	Chilled Diced Peaches
Fruit Salad	Stewed Tomatoes	Pork, Drummies RTC	Chilled Diced Pears	Italian Deli Meat on Baguette	Cheddar Cheese & Fruit	Salmon Salad on WW
B L T on Wheat	Macaroni	Greek Pasta Salad	Eggs Benedict w/Hollandaise Sc	Macaroni Salad	Whole Wheat Bread	Pickled Beets
Tator Tots	Shredded Cheddar Cheese	Garlic Bread	Romaine & Onion Salad	Banana Pudding	Frosted Eclair	Rice Raisin Pudding
Cherry Cheesecake	Whole Mixed Beans	Ice Cream Novelty	Butterscotch Ice Cream			
	White Roll					
	Donut Beignet W/ Pwd Sugar					

**DINNER**

Liver & Onions	Italian Baked Fish	Ginger Beef	Lemon Pepper Chicken Leg	Baked Fish & Dill Sauce	BBQ Pork Loin	Roast Turkey
Whipped Potatoes	Lemon Wedge	Rice Pilaf	Garlic Mashed Potatoes	Lemon Wedge	Baked Beans	Mashed Potatoes
Green Peas	Parslied New Potatoes	Steamed Baby Carrots	Green Beans	Herb Roasted Potatoes	Fancy Blend Vegetables	Seasoned Bread Stuffing
Wheat Roll	San Francisco Vegetables	Multigrain Bread	Wheat Roll	Steamed Broccoli	White Roll	Turnips & Carrots
Chilled Diced Pears	Whole Wheat Roll	Applesauce	Fresh Watermelon	Wheat Roll	Red Seedless Grapes	Cranberry Sauce
Glazed Ham	Blueberries with Whip Topping	Stuffed Manicotti	Sweet-N-Sour Pork Bites	Sliced Apricots	Beef Tenderloin Braised	Turkey Gravy
Roasted Red Skin Potatoes	Mustard Chicken	Tomato Sauce	Vegetable Fried Rice	Turkey Schnitzel	Mashed Potatoes	Chilled Sweet Cherries
Cauliflower	Garlic Noodles	LoCal Caesar Salad	Asian Stir Fry Vegetables	Lyonnais Potatoes	Buttered Brussels Sprouts	Roasted Vegetable Lasagna
Black Forest Cake	Braised Red Cabbage & Bacon	Cream Jelly Roll	Cherry Crisp	Baked Tomato au Gratin	Coconut Cream Pie	Mixed Green Salad
	Chocolate Cream Mint Layer Pie			Frosted Chocolate Cake		Wheat Roll
						Strawberry Rhubarb Pie

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

**BREAKFAST**

Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Cranberry Juice	Pineapple Juice	Apple Juice	Orange Juice	Grape Juice	Pineapple Juice	Cranberry Juice
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
Cheddar Cheese Slice	Scrambled Eggs	Asst. Activia Yogurt	Poached Egg	Omelette	Plain Greek Yogurt	Scrambled Eggs
Banana Loaf	Whole Wheat Toast	Carrot Muffin	Whole Wheat Toast	Raisin Toast	Fresh Blueberries	Bacon
Raspberry Jam	Apple Jelly	2% Milk	Grape Jelly	Strawberry Jam	Whole Wheat Toast	Whole Wheat Toast
2% Milk	2% Milk	Hot Tea	2% Milk	2% Milk	Apple Jelly	Raspberry Jam
Hot Tea	Hot Tea	Special K Cereal	Hot Tea	Hot Tea	2% Milk	2% Milk
Rice Krispies Cereal	Raisin Bran Cereal	Peanut Butter	Bran Flakes	Rice Krispies Cereal	Hot Tea	Hot Tea
Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	Raisin Bran Cereal	Special K Cereal
Whole Wheat Toast	White Toast		White Toast	Whole Wheat Toast	Peanut Butter	Peanut Butter
					White Toast	White Toast

**LUNCH**

Soda Crackers	Vegetable Rice Soup	Soda Crackers	Cream of Mushroom Soup	Soda Crackers	Split Pea Soup	Harvest Vegetable Soup
Country Bean & Vegetable Soup	Soda Crackers	Turkey Vegetable Soup	Soda Crackers	Creamy Tomato Soup	Soda Crackers	Soda Crackers
Sliced Ham Sndw on WW	Beef Ravioli & Sauce	Salmon Salad on Croissant	Beef Roast Sandwich on Wheat	Grilled Cheese on Wheat	Fish 'n Chips	Fruit & Cheddar Cold Plate
Tossed Ranch Salad	Peas & Carrots	Mixed Green Italian Salad	Dill Potato Salad	Marinated Vegetables	Tartar Sauce	Cinnamon Scone
Fresh Pineapple	Roll Brioche Slider	Bananas & Oranges	Stewed Prunes	Diced Fresh Melon	Montego Vegetables	Fresh Watermelon
Chicken Rice Casserole	Chilled Diced Pears	Hot Dog on White Bun	Cheese Pizza	Chicken Salad Plate	Sliced Apricots	Macaroni & Beef Casserole
Dill Carrot Coins	Sliced Turkey on Wheat	French Fries	Garden Salad	Multigrain Dinner Roll	Turkey Caesar Wrap	Country Vegetable Trio
Whole Wheat Bread	Lettuce Tomato Salad	Brown Gravy	Chocolate Chip Cookie	Orange Dream Shortcake	Creamy Coleslaw	White Bread
Caramel Bread Pudding	Chocolate Silk Truffle Bar	Ice Cream Novelty			Chocolate Ice Cream	Lemonicious Bar

**DINNER**

Spaghetti & Meat Sauce	Pork Cutlet Parmesan	Baked Chicken with Chalet Sauce	Ginger Roast Pork	Swiss Steak & Mushroom Sauce	Lemon Veal	Rubbed Pork Loin
LoCal Caesar Salad	Oven-Browned Potatoes	Parisienne Potatoes	Mashed Potatoes	Whipped Potatoes	Mashed Potatoes	Boiled Red Potato
Garlic Bread	Creamy Spinach	Steamed Broccoli	Candied Carrots	Lemony Green Beans	5-Way Mixed Vegetables	Harvard Beets
Strawberries & Topping	Wheat Roll	Rye Bread	Wheat Roll	Wheat Roll	White Roll	Wheat Roll
Lemon Wedge	Mango	Fruit Cocktail	Chilled Diced Peaches	Chilled Sweet Cherries	Cinnamon Pears	Chilled Tropical Fruit
Battered Pollock	Rosemary Lamb & Mint Sauce	Salisbury Steak & Gravy	Lemon Wedge	Spinach & Cheese Cannelloni	Honey Garlic Pork Drummies	Garlic Shrimp
Roasted New Potatoes	Yellow Rice	Savory Potato Wedges	Coconut Shrimp	Balsamic Spring Salad	Salad Pasta Sicilian W Feta	Lemon Wedge
Corn Cobbette	Cauliflower	Wax Beans & Pimento	Parslied Sliced Potatoes	Frosted Brownie	Garlic & Cheese Bread Stick	Buttered Egg Noodles
Frosted Marble Cake	Apple Crumble Square	Nanaimo Bar	5-Way Mixed Vegetables		Strawberry Shortcake	Peas & Carrots
			Buttertart Square			Blueberry Pie Slice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

**BREAKFAST**

Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Pineapple Juice	Grape Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Pineapple Juice
Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Scrambled Eggs	Asst. Activia Yogurt	Poached Egg	Havarti Cheese	Cinnamon French Toast	Vanilla Yogurt	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Bread	Whole Wheat Toast	Whole Wheat Toast	Syrup	Morning Glory Muffin	Peameal Bacon
Grape Jelly	Strawberry Jam	Apple Jelly	Raspberry Jam	2% Milk	2% Milk	Rye Toast
2% Milk	2% Milk	2% Milk	2% Milk	Hot Tea	Hot Tea	Apple Jelly
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Bran Flakes	Rice Krispies Cereal	2% Milk
Bran Flakes	Rice Krispies Cereal	Raisin Bran Cereal	Special K Cereal	Peanut Butter	Peanut Butter	Hot Tea
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Whole Wheat Toast	Raisin Bran Cereal
White Toast	Raisin Toast	White Toast	White Toast			Peanut Butter
						Whole Wheat Toast

**LUNCH**

Soda Crackers	Soda Crackers	Beef Vegetable Soup	Turkey Noodle Soup	Sweet Potato Soup	Fall Harvest Soup	Soda Crackers
Bacon & Potato Chowder	Italian Wedding Soup	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Vegetable Rice Soup
Corned Beef on Wheat	Egg Salad Sndw on Croissant	Grilled Chicken Breast	Crispy Baked Shrimp	Potato Leek Quiche	Biscuit Topped Chicken Pie	Tempura Chick. Orange Ginger Sc
Marinated Vegetables	Spinach Onion Salad	Greek Tomato Cucumber Salad	Seafood Sauce	Mixed Green Italian Salad	5-Way Mixed Vegetables	White Rice
Banana	Mango	Orange Sections	Italian Pasta & Vegetable Salad	Wheat Roll	Wheat Roll	Asian Stir Fry Vegetables
Cheesy Baked Ziti	Beef Shepherd's Pie	Roasted Vegetable Lasagna	Fresh Pineapple	Chilled Diced Peaches	Chilled Diced Pears	Fresh Fruit
Caesar Salad	Succotash	Roll Brioche Slider	BBQ Sauce Glazed Pork Ribette	Chicken Salad Sndw on WW	Cheese Sandwich on WW	Bologna Sandwich
Garlic Bread	Whole Wheat Bread	Ice Cream Novelty	Sweet Tator Gems	Beet & Onion Salad	Sweet Tator Gems	Tomato Slices
Ice Cream Sundae f/Bulk W/Toppings	Butterscotch Pudding		Sliced Carrots	Sugar Cookies	Ice Cream Novelty	French Cream Cheesecake
			Blueberry Crisp			

**DINNER**

BBQ Pork Chops	Parmesan Breaded Chicken	Pork Stir Fry w/Orange Sauce	BBQ Meatloaf	Herb Roasted Salmon	Swedish Meatballs	Prime Rib w/Horseradish & Gravy
Baked Sliced Potatoes	Garlic Mashed Potatoes	Fluffy Rice	Baked Potato	Dill Sauce	Egg Noodles	Yorkshire Pudding
Wax Beans	Glazed Baby Carrots	Steamed Snow Peas	Steamed Broccoli	Lemon Herb Orzo	Seasoned Green Beans	Mashed Potatoes
Wheat Roll	Wheat Roll	Chilled Sweet Cherries	Garlic Bread	Roasted Root Vegetables	Rye Bread	Diced Squash
Chilled Apple Slices	Strawberries	Veal Marsala	Sour Cream	Multigrain Bread	Mandarin Oranges	Wheat Roll
Turkey Dijonnaise	Crunchy Baked Cod	Tator Tots	Fruit Cocktail	Stewed Rhubarb & Berries	Marinated Pork Loin	Bananas & Pineapple
Chive Whipped Potatoes	Lemon Wedge	Roasted Cauliflower	Lemon Glazed Chicken	Honey Glazed Ham	Mashed Potatoes	Breaded Sole
Buttered Brussels Sprouts	Herb Roasted Potatoes	White Roll	Mashed Potatoes	Savoury Diced Potatoes	Buttered Corn	Couscous Salad
Date Square	Green Beans	Gingerbread Cake	Fancy Blend Vegetables	Green Peas	Raspberry Tart	Cherry Tomatoes
	Mini Powdered Donuts	Whipped Topping	Boston Cream Pie	Frosted Banana Cake		Peach Pie