

Sample week menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Biscuits & Gravy Fruit Hot Cereal of choice	Denver Omelet with Salsa Fruit Hot Cereal of choice	Pecan Morning Casserole Fruit Hot Cereal of choice	Sausage & Potato Omelet Banana Nut Muffins Hot Cereal of choice	French Toast Sticks Fruit Hot Cereal of choice	Cheddar Apple Breakfast Bake Fruit Hot Cereal of choice	Pancakes Fruit Hot Cereal of choice
Lunch	Lasagna Emerald Salad Parmesan Bread Sticks Mixed Vegetables Zucchini Sticks Chocolate Cake	Grilled Pork Chops Wild Rice or Mashed Potatoes & Gravy Black Eyed Peas Corn Chocolate Caramel Cheesecake	Santa Fe Chicken Appleberry Salad Spinach Casserole Mixed Vegetables Banana Pudding	Stuffed Bell Peppers Broccoli Salad Cooked Carrots Baked Acorn Squash Blueberry Coffee Cake	Beef Enchiladas Cucumbers in Cream Spanish Rice Scandinavian Vegetable Medley Beans Sopapillas with Honey	Butter Herb Fish Mashed Potatoes & Gravy Seasoned Broccoli Hot Dinner Roll Butter Pecan Ice Cream	Chicken Pasta Primavera Noodles Fruit Salad Seasoned Peas Zucchini Medley Chocolate Cake
Dinner	Ham & Beans Cinnamon Fruit Salad Corn Bread Cauliflower Cheese Soup Caramel Bread Pudding	Taco Salad Refried Beans Warm Tortilla Beef & Barley Soup Key Lime Bars	Bacon, Lettuce & Tomato Sandwiches Ambrosia Salad Cheddar Cheese Soup Peanut Butter Chip Muffin	Chicken Soft Tacos Salad Cream of Zucchini Soup Macaroon Cookie Bars	Baked Spaghetti Italian Vegetable Salad Peas Zucchini Medley Lemon Cheesecake	Meatball Sandwich Glazed Fruit Salad Potato Soup Chocolate Chip Cookie	Chicken Fried Steak Applesauce Gelatin Salad Gravy (Brown or White) Mixed Vegetable Medley Seasoned Broccoli Carrot Cake with Cream Cheese Frosting