

# Weekly Meal Plan

October 8th – October 14th

	MONDAY – 8th	TUESDAY – 9th	WEDNESDAY – 10th	THURSDAY – 11th	FRIDAY – 12th	SATURDAY – 13th	SUNDAY – 14th
B R E A K F A S T	Scrambled Eggs with sausage links and a side of toast and yogurt  <u>Alternative:</u> Cold Cereal, with sausage links and a side of toast and yogurt	Breakfast sandwich with a side of fruit  <u>Alternative:</u> Hot Oatmeal with a side of fruit	Breakfast pizza served with toast and a cup of yogurt  <u>Alternative:</u> Cold Cereal with a cup of fruit and a piece of toast	Omelet served with a ham streak and hash browns  <u>Alternative:</u> Hot Oatmeal with a ham streak and toast	Cold Cereal with an English muffin and a cup of fruit on the side  <u>Alternative:</u> Cream of Wheat with an English muffin and a cup of fruit	Hard Cooked Egg served with bacon, yogurt and a sticky bun  <u>Alternative:</u> Cold Cereal with a cup of fruit and a piece of toast	Belgian Waffles served with a sausage patty and melon  <u>Alternative:</u> Cold Cereal with a side of toast
L U N C H	Chicken Marsala served with mashed potatoes and French green beans  <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing	Goulash served with garlic bread with a side salad and your choice of dressing  <u>Alternative:</u> Vegetable Lasagna with a piece of garlic bread	Vegetable fried rice served with an egg roll  <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing	Breaded Grouper Tenders with roasted baby potatoes and carrot rounds  <u>Alternative:</u> Vegetable Lasagna with a piece of garlic bread	Sweet & Sour Pork over rice served with a mixed vegetable blend  <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing	Beef & Noodles served with a vegetable blend and a dinner roll  <u>Alternative:</u> Vegetable Lasagna with a piece of garlic bread	Parmesan Crusted Chicken, with baby roasted potatoes and a side of corn with red peppers  <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing
D I N N E R	Cheeseburger served with fries and a pickle  <u>Alternative:</u> Grilled Cheese with a fruit cup	Grilled Turkey & Swiss served with chips and celery sticks  <u>Alternative:</u> Hot Dog served with chips	White Chicken Chili served with a corn muffin  <u>Alternative:</u> Grilled cheese served with chips	Macaroni and cheese served with broccoli and a side salad  <u>Alternative:</u> Hot Dog served with chips	French Dip with Au Jus served with pasta salad  <u>Alternative:</u> Grilled cheese served with a cup of fruit	Baked Potato Bar with a side salad  <u>Alternative:</u> Hot Dog served with chips	Ham Salad Sandwich served with a cup of chicken noodle soup and carrot sticks  <u>Alternative:</u> Grilled cheese served with a cup of fruit

**Menu is subject to change at any time-**