Weekly Meal Plan

October 8th – October 14th

	MONDAY – 8th	TUESDAY – 9th	WEDNESDAY – 10th	THURSDAY - 11th	FRIDAY – 12th	SATURDAY -13th	SUNDAY – 14th
В	Scrambled Eggs with	Breakfast sandwich	Breakfast pizza served	Omelet served with	Cold Cereal with an	Hard Cooked Egg	Belgian Waffles
R	sausage links and a side	with a side of fruit	with toast and a cup of	a ham streak and	English muffin and	served with	served with a
E	of toast and yogurt		yogurt	hash browns	a cup of fruit on	bacon, yogurt and	sausage patty and
Α	<u>Alternative:</u>	<u>Alternative:</u>			the side	a sticky bun	melon
K	Cold Cereal, with	Hot Oatmeal with a	<u>Alternative:</u>	Alternative:	Alternative:	<u>Alternative:</u>	<u>Alternative:</u>
F	sausage links and a side	side of fruit	Cold Cereal with a cup of	Hot Oatmeal with a	Cream of Wheat	Cold Cereal with a	Cold Cereal with a
Α	of toast and yogurt		fruit and a piece of toast	ham streak and toast	with an English	cup of fruit and a	side of toast
S					muffin and a cup of	piece of toast	
Т					fruit		
	Chicken Marsala served	Goulash served with	Vegetable fried rice	Breaded Grouper	Sweet & Sour Pork	Beef & Noodles	Parmesan Crusted
L	with mashed potatoes	garlic bread with a side	served with an egg roll	Tenders with roasted	over rice served	served with a	Chicken, with baby
U	and French green	salad and your choice		baby potatoes and	with a mixed	vegetable blend	roasted potatoes
N	beans	of dressing	<u>Alternative:</u>	carrot rounds	vegetable blend	and a dinner roll	and a side of corn
С			Chef Salad with a dinner				with red peppers
Н	Alternative:	Alternative:	roll with your choice of	Alternative:	Alternative:	Alternative:	Alternative:
	Chef Salad with a	Vegetable Lasagna with	dressing	Vegetable Lasagna	Chef Salad with a	Vegetable	Chef Salad with a
		-	ar cooming	-		_	
	dinner roll with your	a piece of garlic bread	G. 633.11.6	with a piece of garlic	dinner roll with	Lasagna with a	dinner roll with
		-	u.c.,	-	your choice of	piece of garlic	your choice of
	dinner roll with your choice of dressing	a piece of garlic bread		with a piece of garlic bread	your choice of dressing	piece of garlic bread	your choice of dressing
	dinner roll with your choice of dressing Cheeseburger served	a piece of garlic bread Grilled Turkey & Swiss	White Chicken Chili	with a piece of garlic bread Macaroni and cheese	your choice of dressing French Dip with Au	piece of garlic bread Baked Potato Bar	your choice of dressing Ham Salad
D	dinner roll with your choice of dressing	a piece of garlic bread Grilled Turkey & Swiss served with chips and	White Chicken Chili served with a corn	with a piece of garlic bread Macaroni and cheese served with broccoli	your choice of dressing French Dip with Au Jus served with	piece of garlic bread	your choice of dressing Ham Salad Sandwich served
ı	dinner roll with your choice of dressing Cheeseburger served with fries and a pickle	a piece of garlic bread Grilled Turkey & Swiss	White Chicken Chili	with a piece of garlic bread Macaroni and cheese	your choice of dressing French Dip with Au	piece of garlic bread Baked Potato Bar with a side salad	your choice of dressing Ham Salad Sandwich served with a cup of
I N	dinner roll with your choice of dressing Cheeseburger served with fries and a pickle Alternative:	a piece of garlic bread Grilled Turkey & Swiss served with chips and celery sticks	White Chicken Chili served with a corn muffin	with a piece of garlic bread Macaroni and cheese served with broccoli and a side salad	your choice of dressing French Dip with Au Jus served with pasta salad	piece of garlic bread Baked Potato Bar with a side salad Alternative:	your choice of dressing Ham Salad Sandwich served with a cup of chicken noodle
I N N	dinner roll with your choice of dressing Cheeseburger served with fries and a pickle Alternative: Grilled Cheese with a	a piece of garlic bread Grilled Turkey & Swiss served with chips and celery sticks Alternative:	White Chicken Chili served with a corn muffin Alternative:	with a piece of garlic bread Macaroni and cheese served with broccoli and a side salad Alternative:	your choice of dressing French Dip with Au Jus served with pasta salad Alternative:	piece of garlic bread Baked Potato Bar with a side salad Alternative: Hot Dog served	your choice of dressing Ham Salad Sandwich served with a cup of chicken noodle soup and carrot
I N N E	dinner roll with your choice of dressing Cheeseburger served with fries and a pickle Alternative:	a piece of garlic bread Grilled Turkey & Swiss served with chips and celery sticks Alternative: Hot Dog served with	White Chicken Chili served with a corn muffin Alternative: Grilled cheese served	with a piece of garlic bread Macaroni and cheese served with broccoli and a side salad Alternative: Hot Dog served with	your choice of dressing French Dip with Au Jus served with pasta salad Alternative: Grilled cheese	piece of garlic bread Baked Potato Bar with a side salad Alternative:	your choice of dressing Ham Salad Sandwich served with a cup of chicken noodle soup and carrot sticks
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Menu is subject to change at any time-