

Weekly Meal Plan

December 3rd- December 9th

	MONDAY – 3rd	TUESDAY – 4th	WEDNESDAY – 5th	THURSDAY – 6th	FRIDAY – 7th	SATURDAY – 8th	SUNDAY – 9th
B R E A K F A S T	Croissant Breakfast Sandwich with a side of yogurt <u>Alternative:</u> Cold Cereal, with a side of toast and yogurt	Corned beef hash with toast and fruit cup <u>Alternative:</u> Hot Oatmeal with brown Sugar, side of toast and fruit cup	Denver Scrambled Eggs with Bacon and a side of Toast & Jelly <u>Alternative:</u> Cold Cereal, with bacon and a side of Toast & Jelly	Cheese omelet with Sausage Links and yogurt cup <u>Alternative:</u> Hot Oatmeal with Brown Sugar & sausage links and a cup of yogurt	Buttermilk Pancakes with Syrup and Ham Steak <u>Alternative:</u> Cold Cereal with Ham Steak and a side of Toast	Sausage gravy over Biscuit with fruit cup <u>Alternative:</u> Hot Oatmeal with Brown Sugar & side of Toast with fruit cup	Belgium Waffles and Sausage Patty and Fruit Cup <u>Alternative:</u> Cold Cereal with sausage Patty with side of toast and Jelly
L U N C H	Chicken and Dumplings with Carrot & Celery sticks <u>Alternative:</u> Pepperoni Pizza and side salad and your choice of dressing	Balsamic Glazed Tenderloin w/rosemary, Fried Potatoes and Cauliflower <u>Alternative:</u> Cranberry Almond Spinach Salad with roll & Butter	Baked Ziti with Garlic Toast and a side salad with your choice of dressing <u>Alternative:</u> Pepperoni Pizza and side salad and your choice of dressing	Ham Loaf with scalloped potatoes & Steamed Peas <u>Alternative:</u> Cranberry Almond Spinach Salad with a roll	Smothered cube Steak with Mashed Potatoes and Gravy & Green Beans <u>Alternative:</u> Pepperoni Pizza and Side Salad	Grilled Polish Sausage with Sauerkraut and sweet yeast roll <u>Alternative:</u> Cranberry Almond Spinach Salad with a roll	Lemon Pepper Cod with Rice Pilaf and Colorful Vegetables Blend <u>Alternative:</u> Pepperoni Pizza with side Garden Salad
D I N E R	Turkey and Swiss Cheese baked sliders with applesauce and Pickle <u>Alternative:</u> Peanut Butter & Jelly Sandwich with Veggie Straws	Beef Chili with corn muffin <u>Alternative:</u> Chicken Salad Sandwich on Croissant with chips	Grilled Rueben with French Fries <u>Alternative:</u> Peanut Butter and Jelly sandwich with a side of veggie straws	Roast Beef & Cheddar with side of Minestrone Soup <u>Alternative:</u> Chicken Salad on a Croissant with a side of Chips	Cottage Cheese Fruit Plates with Muffin <u>Alternative:</u> Peanut butter & Jelly and a side of Veggie Straws	Open Faced Tuna Melt with grapes and Carrot Sticks <u>Alternative:</u> Chicken salad on Croissant with Chips	Chicken Caesar Salad Wrap with Vegetable Soup <u>Alternative:</u> Peanut Butter & Jelly w/veggie straws

Menu is subject to change at any time-