




Weekly Meal Plan

December 17th- December 23rd

	MONDAY – 17th	TUESDAY – 18th	WEDNESDAY – 19th	THURSDAY – 20th	FRIDAY – 21st	SATURDAY – 22nd	SUNDAY – 23rd
B R E A K F A S T	Breakfast pizza w/egg & fruit cup <u>Alternative:</u> Cold Cereal, toast & jelly w/fruit cup	Cream of wheat w/English muffin & yogurt <u>Alternative:</u> Cold cereal w/ English muffin & yogurt	Western scramble w/hash browns and toast & jelly <u>Alternative:</u> Cold Cereal w/ toast & jelly and fruit cup	<i>Chefs Choice</i> 	Veggie omelets w/ bacon and toast & jelly <u>Alternative:</u> Cold cereal, bacon and toast & jelly	Hardboiled egg w/sausage links and cinnamon roll <u>Alternative:</u> Hot oatmeal w/ brown sugar, sausage links and toast & jelly	Sausage gravy & biscuits w/yogurt and donuts <u>Alternative:</u> Cold Cereal w/ toast & jelly and yogurt
L U N C H	Creamy chipped beef w/toast points & buttered peas <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing	Hamburger stroganoff w/green beans <u>Alternative:</u> Sweet & sour meatball casserole w/fruit	Shrimp w/ wild rice and asparagus <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing	<i>Chefs Choice</i> 	Beef Lasagna w/garden salad & your choice of dressing <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing	Barbecue ribs w/baked potato and Brussel sprouts <u>Alternative:</u> Sweet & Sour meatball casserole w/ fruit	Honey garlic pork chops w/au gratin potatoes and mixed vegetables <u>Alternative:</u> Chef Salad with a dinner roll with your choice of dressing
D I N N E R	Turkey melt w/pasta salad <u>Alternative:</u> Ham salad sandwich w/ chips	Ham & cream cheese rollup w/chicken noodle soup <u>Alternative:</u> Grilled cheese sandwich w/veggie straws	Chicken patty on a bun w/fixings and french fries <u>Alternative:</u> Ham salad sandwich w/potato chips	<i>Chefs Choice</i> 	Corn chowder soup w/ muffin & butter <u>Alternative:</u> Ham salad sandwich w/ potato chips	Crab salad croissant w/mandarin oranges <u>Alternative:</u> Grilled cheese sandwich w/veggie straws	Patty melt w/cottage cheese and peaches <u>Alternative:</u> Ham salad sandwich w/ potato chips

Menu is subject to change at any time-