**HCSG - MASTER MENU TEMPLATE**

**Week-At-A-Glance**

**hcsg1northernPlus2021 Week 1**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| **Breakfast:Regular** | | | | | | |
| *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Blueberry Muffin*<br>*- Margarine*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *French Toast*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Scrambled Eggs w/Cheese*<br>*Oatmeal Cereal*<br>*Biscuit*<br>*- Margarine*<br>*- Jelly*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Egg & Hashbrown Bake*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Buttermilk Pancakes*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Peach Streusel Coffee Cake*<br>*- Margarine*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Baked Cheese Omelet*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Breakfast Ham*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice |
| **Lunch:Regular** | | | | | | |
| *Fried Chicken*<br>*Ranch Style Potato Wedges*<br>*Calico Coleslaw*<br>*Cornbread*<br>*- Margarine*<br>*Peach Pie w/Crumb Topping*<br>*Coffee or Hot Tea*<br><br>Tuna Salad Sandwich<br>*- Lettuce & Tomato*<br>Garden Pasta Salad<br>Marinated Cucumber & Onion Salad | *Hawaiian Baked Ham*<br>*Whipped Sweet Potatoes*<br>*Sauteed Spinach w/Garlic*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Pineapple Tidbits*<br>*Coffee or Hot Tea*<br><br>Herbed Chicken Breast<br>Parsley Noodles<br>Capri Vegetable Blend | *Baked Ziti w/Meatsauce*<br>*Tossed Salad w/Dressing*<br>*Garlic Breadstick*<br>*Strawberry Shortcake*<br>*Coffee or Hot Tea*<br><br>Parsley Pork Chop<br>Mashed Potatoes<br>Sliced Carrots | *BBQ Pork on a Bun*<br>*Tater Tots*<br>*- Ketchup*<br>*Zucchini & Onions*<br>*Tropical Fruit Salad*<br>*Coffee or Hot Tea*<br><br>Salisbury Steak<br>*- Brown Gravy*<br>Herbed Rice<br>Braised Cabbage<br>Dinner Roll/Bread<br>*- Margarine* | *Chicken Salad Sandwich on Croissant*<br>*- Lettuce & Tomato*<br>*Garden Pasta Salad*<br>*Marinated Cucumber & Tomato Salad*<br>*Seedless Watermelon Cubes*<br>*Coffee or Hot Tea*<br><br>Thin Crust Cheese Pizza<br>Tossed Salad w/Dressing<br>Breadstick<br>*- Margarine* | *Shrimp Scampi*<br>*Spaghetti Noodles*<br>*Broccoli Florets*<br>*Garlic Bread*<br>*Chocolate Ice Cream*<br>*Coffee or Hot Tea*<br><br>Chicken Tenders<br>*- Honey Mustard*<br>Mashed Potatoes<br>Sliced Carrots | *Chicken Pasta Primavera*<br>*Caesar Salad*<br>*Parmesan Breadstick*<br>*Blondie*<br>*Coffee or Hot Tea*<br><br>Hamburger on a Bun<br>*- Lettuce & Tomato*<br>*- Ketchup*<br>*- Pickle Spear*<br>French Fries<br>*- Ketchup*<br>Green Pea Salad |
| **Dinner:Regular** | | | | | | |
| *Swedish Meatballs*<br>*Buttered Noodles*<br>*Green Peas*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Deluxe Fruit Salad*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Smothered Turkey Patty<br>Buttered Rice<br>Sliced Carrots | *Savory Summer Soup*<br>*- Saltine Crackers*<br>*Turkey Sandwich*<br>*- Lettuce & Tomato*<br>*- Mayonnaise*<br>*Creamy Dill Macaroni Salad*<br>*Broccoli Salad*<br>*Lemon Cake w/Icing*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Grilled Cheese Sandwich<br>Potato Chips<br>Marinated Green Bean Salad | *Honey Dijon Chicken Thigh*<br>*Rice Pilaf*<br>*Sauteed Asparagus Cuts*<br>*Rosemary Dinner Roll*<br>*- Margarine*<br>*Summer Fresh Fruit Cup*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Herb & Lemon Fish Fillet<br>Potato Wedges<br>*- Ketchup*<br>Country Vegetable Blend | *Breaded Pollock Fish Fillet*<br>*- Tartar Sauce*<br>*Baked Potato*<br>*- Margarine*<br>*- Sour Cream*<br>*Peas & Carrots*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Tuxedo Cheesecake Bar*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Sweet & Sour Meatballs<br>Egg Noodles<br>Seasoned Spinach | *Beef Pepper Steak w/Gravy.*<br>*Garlic Mashed Potatoes*<br>*Roasted Green Beans*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Peanut Butter Cookie*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Rancher's Pork Chop<br>Yellow Rice<br>Squash Medley | *Turkey Burger on a Bun*<br>*- Lettuce & Tomato*<br>*- Pickle Spear*<br>*- Mayonnaise*<br>*Potato Wedges*<br>*- Ketchup*<br>*Confetti Coleslaw*<br>*Fruit Cocktail*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Hamburger Steak w/Grilled Onions<br>*- Brown Gravy*<br>Buttered Rice<br>Seasoned Whole Kernel Corn (veg)<br>Dinner Roll/Bread<br>*- Margarine* | *Kielbasa Sausage*<br>*Oven Browned Potatoes*<br>*Seasoned Cabbage*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Mandarin Oranges*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cheese Quiche<br>Capri Vegetable Blend |

**HCSG - MASTER MENU TEMPLATE**

**Week-At-A-Glance**

**hcsg1northernPlus2021 Week 2**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| **Breakfast:Regular** | | | | | | |
| *French Toast*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Glazed Cinnamon Roll*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Biscuit*<br>*- Sausage Gravy*<br>*Oatmeal Cereal*<br>*Hashbrown*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*English Muffin*<br>*- Margarine*<br>*- Jelly*<br>*Breakfast Ham*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Baked Cheese Omelet*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Western Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Buttermilk Pancakes*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice |
| **Lunch:Regular** | | | | | | |
| *Roast Beef Au Jus*<br>*Garlic & Rosemary Roasted Red Skin Potatoes*<br>*Sauteed Spinach*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Apple Crisp*<br>*Coffee or Hot Tea*<br><br>Rotisserie Chicken Thigh<br>Buttered Rice<br>Seasoned Zucchini | *Chicken Parmesan w/*<br>*- Spaghetti Noodles*<br>*Tossed Salad w/Dressing*<br>*Garlic Breadstick*<br>*Chocolate Chip Cake w/White Frosting*<br>*Coffee or Hot Tea*<br><br>Breaded Pollock Fish Fillet<br>*- Tartar Sauce*<br>Tater Tots<br>*- Ketchup*<br>Green Peas | *Garlic Herbed Pork Loin*<br>*Oven Browned Potatoes*<br>*Broccoli Florets*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Peach Shortcake*<br>*Coffee or Hot Tea*<br><br>Rosemary Chicken Breast<br>Parmesan Noodles<br>Seasoned Spinach | *Homestyle Meatloaf w/Ketchup Glaze*<br>*Au Gratin Potatoes*<br>*Buttered Green Peas*<br>*Poppy Seed Dinner Roll*<br>*- Margarine*<br>*Orange Sherbet*<br>*Coffee or Hot Tea*<br><br>Garlic Baked Pork Chop<br>Rice Pilaf<br>Sliced Carrots | *Hot Dog on a Bun*<br>*- Baked Beans*<br>*- Mustard*<br>*Confetti Coleslaw*<br>*Strawberries & Banana*<br>*Coffee or Hot Tea*<br><br>Hamburger on a Bun<br>*- Lettuce & Tomato*<br>*- Ketchup*<br>*- Pickle Spear*<br>French Fries<br>*- Ketchup*<br>Broccoli Salad | *Mediterranean Baked Fish Fillet*<br>*Rice Pilaf*<br>*Sauteed Asparagus Cuts*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Summer Fresh Fruit Cup*<br>*Coffee or Hot Tea*<br><br>Grilled Cheese Sandwich<br>Tater Tots<br>*- Ketchup*<br>Squash Medley | *Sweet Garlic Chicken Breast*<br>*Stir Fried Noodles*<br>*Sugar Snap Peas*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Sugar Cookie*<br>*Coffee or Hot Tea*<br><br>Glazed Baked Pork Chop<br>Mashed Potatoes<br>Sliced Carrots |
| **Dinner:Regular** | | | | | | |
| *Tuna Salad Sandwich on Croissant*<br>*- Lettuce & Tomato*<br>*Garden Pasta Salad*<br>*Calico Coleslaw*<br>*Chocolate Pudding Parfait*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Ham Sandwich<br>*- Lettuce & Tomato*<br>*- Mayonnaise*<br>Potato Chips<br>Creamy Cucumber & Onion Salad | *Swiss Steak w/Gravy*<br>*Herbed Mashed Potatoes*<br>*Seasoned Whole Kernel Corn (veg)*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Seedless Watermelon Cubes*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Baked Macaroni & Cheese<br>Baked Tomato Halves | *Thin Crust Cheese Pizza*<br>*Parmesan Baked Zucchini*<br>*Italian Herbed Dinner Roll*<br>*- Margarine*<br>*Chilled Pears*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Smothered Turkey Patty<br>Mashed Potatoes<br>Country Vegetable Blend | *Honey Glazed Turkey,*<br>*- Poultry Gravy*<br>*Baked Sweet Potatoes*<br>*Herbed Green Beans*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Fruit Cocktail*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Herb Baked Fish Fillet<br>Buttered Noodles<br>Whole Kernel Corn (veg) | *Marinated Chicken Thigh*<br>*Herbed Noodles*<br>*Honey Roasted Carrots*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Black Forest Cake*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cheese Quiche<br>Creamy Cucumber & Onion Salad | *Baked Ziti w/Cheese*<br>*Caesar Salad*<br>*Garlic Bread*<br>*Butterscotch Pudding*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Italian Sausage<br>Herbed Potato Wedges<br>Sauteed Spinach w/Garlic | *Philly Cheesesteak Sandwich*<br>*- Sauteed Peppers & Onions.*<br>*French Fries*<br>*- Ketchup*<br>*Tossed Salad w/Dressing*<br>*Chilled Peach Parfait*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Breaded Chicken on a Bun<br>*- Mayonnaise*<br>*- Lettuce & Tomato*<br>Macaroni Salad<br>Marinated Cucumber & Tomato Salad |

**HCSG - MASTER MENU TEMPLATE**

**Week-At-A-Glance**

**hcsg1northernPlus2021 Week 3**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| **Breakfast:Regular** | | | | | | |
| *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Blueberry Muffin*<br>*- Margarine*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *French Toast*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Scrambled Eggs w/Cheese*<br>*Oatmeal Cereal*<br>*Biscuit*<br>*- Margarine*<br>*- Jelly*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Buttermilk Pancakes*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Egg & Hashbrown Bake*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Breakfast Ham*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Peach Streusel Coffee Cake*<br>*- Margarine*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Baked Cheese Omelet*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice |
| **Lunch:Regular** | | | | | | |
| *Cheese Ravioli w/Marinara Sauce*<br>*Caesar Salad*<br>*Garlic Breadstick*<br>*Vanilla Ice Cream*<br>*Coffee or Hot Tea*<br><br>Thyme Baked Chicken Thigh<br>Buttered Rice<br>Roasted Green Beans | *Roast Turkey*<br>*- Poultry Gravy*<br>*Mashed Potatoes*<br>*- Poultry Gravy*<br>*Sliced Glazed Carrots*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Marble Cake w/White Frosting*<br>*Coffee or Hot Tea*<br><br>Rancher's Pork Chop<br>Parsley Noodles<br>Green Peas | *Honey Glazed Sliced Ham*<br>*Baked Sweet Potatoes*<br>*Spinach Au Gratin*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Summer Fresh Fruit Cup*<br>*Coffee or Hot Tea*<br><br>Salisbury Steak<br>*- Brown Gravy*<br>Parmesan Noodles<br>Whole Kernel Corn (veg) | *Egg Salad Sandwich on Croissant*<br>*- Lettuce & Tomato*<br>*Creamy Dill Macaroni Salad*<br>*Tomato Basil Salad*<br>*Snickerdoodle Cookie*<br>*Coffee or Hot Tea*<br><br>Turkey Salad Sandwich<br>*- Lettuce & Tomato*<br>Potato Chips<br>Marinated Cucumber & Onion Salad | *Beef Pepper Steak w/Gravy*<br>*Mashed Potatoes*<br>*Buttered Green Peas*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Chilled Pear Parfait*<br>*Coffee or Hot Tea*<br><br>Lemon Pepper Chicken Breast<br>Buttered Noodles<br>Seasoned Spinach | *Shrimp Alfredo w/*<br>*- Spaghetti Noodles*<br>*Steamed Asparagus Cuts*<br>*Garlic Bread*<br>*Cherry Crisp*<br>*Coffee or Hot Tea*<br><br>Parsley Pork Chop<br>Roasted Red Skin Potatoes<br>Sliced Parsley Carrots | *Fried Chicken*<br>*Garlic Potato Wedges*<br>*Buttered Whole Kernel Corn (veg)*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Pineapple Tidbits*<br>*Coffee or Hot Tea*<br><br>Smothered Turkey Patty<br>Egg Noodles<br>Broccoli Florets |
| **Dinner:Regular** | | | | | | |
| *Kielbasa Sausage*<br>*Garlic Roasted Red Skin Potatoes*<br>*Braised Cabbage*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Apple Crisp*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Chicken Tenders<br>*- Honey Mustard*<br>Herbed Noodles<br>Whole Kernel Corn (veg) | *Cheeseburger on a Bun*<br>*- Lettuce & Tomato*<br>*- Ketchup*<br>*- Pickle Spear*<br>*Tater Tots*<br>*- Ketchup*<br>*Confetti Coleslaw*<br>*Tropical Fruit Salad*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Breaded Pollock Fish Fillet on a Bun<br>*- Tartar Sauce*<br>Buttered Noodles<br>Squash Medley | *Cornflake Chicken Breast*<br>*Rice Pilaf*<br>*Capri Vegetable Blend*<br>*Parsley Dinner Roll*<br>*- Margarine*<br>*Double Chocolate Brownie*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Thin Crust Cheese Pizza<br>Tossed Salad w/Dressing | *BBQ Pork Platter*<br>*Baked Beans*<br>*Zucchini & Onions*<br>*Cornbread*<br>*- Margarine*<br>*Mandarin Oranges*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Marinated Chicken Thigh<br>Seasoned Rice<br>Green Beans | *Butter Crumb Fish Fillet*<br>*Cheesy Rice*<br>*Broccoli Florets*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Lemon Cake w/Icing*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cheese Ravioli w/Marinara Sauce<br>Capri Vegetable Blend | *Corn Chowder Soup*<br>*- Saltine Crackers*<br>*Grilled Turkey & Cheese Sandwich*<br>*French Fries*<br>*- Ketchup*<br>*Creamy Cucumber & Onion Salad*<br>*Seedless Watermelon Cubes*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Hamburger Steak w/Grilled Onions<br>*- Brown Gravy*<br>Buttered Rice<br>Country Vegetable Blend | *Meatballs w/Marinara Sauce*<br>*- Marinara Sauce (oz)*<br>*- Spaghetti Noodles*<br>*Parmesan Baked Zucchini*<br>*Breadstick*<br>*- Margarine*<br>*Chocolate Cream Pie*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cheese Quiche<br>Seasoned Green Beans |

**HCSG - MASTER MENU TEMPLATE**

**Week-At-A-Glance**

**hcsg1northernPlus2021 Week 4**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| **Breakfast:Regular** | | | | | | |
| *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Glazed Cinnamon Roll*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *French Toast*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Biscuit*<br>*- Sausage Gravy*<br>*Oatmeal Cereal*<br>*Hashbrown*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Baked Cheese Omelet*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Scrambled Eggs*<br>*Oatmeal Cereal*<br>*English Muffin*<br>*- Margarine*<br>*- Jelly*<br>*Breakfast Ham*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Western Scrambled Eggs*<br>*Oatmeal Cereal*<br>*Toast*<br>*- Margarine*<br>*- Jelly*<br>*Bacon*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice | *Buttermilk Pancakes*<br>*- Margarine*<br>*- Syrup*<br>*Oatmeal Cereal*<br>*Sausage Patty*<br>*Orange Juice*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Cold Cereal of Choice |
| **Lunch:Regular** | | | | | | |
| *Rosemary Pork Loin*<br>*Scalloped Potatoes*<br>*Sauteed Spinach w/Garlic*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Pear Crisp*<br>*Coffee or Hot Tea*<br><br>Lemon Pepper Fish Fillet<br>Parsley Rice<br>Capri Vegetable Blend | *Homestyle Meatloaf w/Ketchup Glaze*<br>*Duchess Mashed Potatoes*<br>*Honey Roasted Carrots*<br>*Herbed Dinner Roll*<br>*- Margarine*<br>*Spiced Apple*<br>*Coffee or Hot Tea*<br><br>Thyme Chicken Breast<br>Herbed Noodles<br>Sauteed Green Beans | *Marinated Chicken Thigh*<br>*Parmesan Noodles*<br>*Squash Medley*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Butterscotch Pudding Parfait*<br>*Coffee or Hot Tea*<br><br>Meatballs w/Gravy<br>Mashed Potatoes<br>Capri Vegetable Blend | *Italian Sausage*<br>*Garlic & Rosemary Roasted Red Skin Potatoes*<br>*Broccoli Florets*<br>*Parsley Dinner Roll*<br>*- Margarine*<br>*Lemon Bar*<br>*Coffee or Hot Tea*<br><br>Smothered Turkey Patty<br>Buttered Noodles<br>Buttered Whole Kernel Corn (veg) | *Lasagna w/Meatsauce*<br>*Caesar Salad*<br>*Garlic Breadstick*<br>*Double Chocolate Brownie*<br>*Coffee or Hot Tea*<br><br>Egg Salad Sandwich<br>*- Lettuce & Tomato*<br>Potato Chips<br>Creamy Cucumber & Onion Salad | *Breaded Pollock Fish Fillet*<br>*- Tartar Sauce*<br>*Au Gratin Potatoes*<br>*Country Vegetable Blend*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Sour Cream Orange Cake*<br>*Coffee or Hot Tea*<br><br>BBQ Chicken Thigh<br>Yellow Rice<br>Seasoned Spinach | *Turkey Divan w/Broccoli*<br>*Steamed Rice*<br>*Seasoned Green Beans*<br>*Poppy Seed Dinner Roll*<br>*- Margarine*<br>*Seedless Watermelon Cubes*<br>*Coffee or Hot Tea*<br><br>Cheese Quiche<br>Tomato Basil Salad |
| **Dinner:Regular** | | | | | | |
| *Chicken Tenders*<br>*- Honey Mustard*<br>*French Fries*<br>*- Ketchup*<br>*Tossed Salad w/Dressing*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Vanilla Ice Cream*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Hamburger Steak w/Grilled Onions<br>*- Brown Gravy*<br>Buttered Noodles<br>Whole Kernel Corn (veg) | *Citrus Glazed Turkey.*<br>*- Poultry Gravy*<br>*Rice Pilaf*<br>*Steamed Broccoli Florets w/Lemon*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Cherry Cheesecake Bar*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>BBQ Pork Chop<br>Baked Sweet Potatoes<br>Country Vegetable Blend | *Ham & Swiss Sandwich on Wheat*<br>*- Lettuce & Tomato*<br>*- Mayonnaise*<br>*Potato Chips*<br>*Green Pea Salad*<br>*Summer Fresh Fruit Cup*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Tuna Salad Sandwich<br>*- Lettuce & Tomato*<br>Macaroni Salad<br>Marinated Tomato & Onion Salad | *Cornflake Crusted Fish Fillet*<br>*Macaroni & Cheese*<br>*Baked Tomato Halves*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Chilled Peach Parfait*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Thin Crust Cheese Pizza<br>Roasted Zucchini | *Rancher's Chicken Breast*<br>*Baked Potato*<br>*- Margarine*<br>*- Sour Cream*<br>*Sugar Snap Peas*<br>*Dinner Roll/Bread*<br>*- Margarine*<br>*Tropical Fruit Salad*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Garlic Baked Pork Chop<br>Egg Noodles<br>Capri Vegetable Blend | *Hot Dog on a Bun*<br>*- Baked Beans*<br>*- Mustard*<br>*Confetti Coleslaw*<br>*Chilled Pears*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Baked Macaroni & Cheese<br>Tossed Salad w/Dressing | *Cheeseburger on a Bun*<br>*- Lettuce & Tomato*<br>*- Ketchup*<br>*- Pickle Spear*<br>*Tater Tots*<br>*- Ketchup*<br>*Marinated Cucumber & Tomato Salad*<br>*Chocolate Chip Cookie*<br>*Milk*<br>*Coffee or Hot Tea*<br><br>Breaded Chicken on a Bun<br>*- Mayonnaise*<br>*- Lettuce & Tomato*<br>Garden Pasta Salad<br>Sauteed Zucchini |