

Sample Weekly Menu



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
B R K	Sausage Country Gravy and Biscuits Sausage Link Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice English Muffin	Blueberry French Toast Bake Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Ham and Cheese Frittata Fresh Fruit 100% Juice Whole Grain Toast	Waffles Breakfast Ham Fresh Fruit 100% Juice
L U N	Roasted Beef Tenderloin or Egg Salad Sandwich AuGratin Potatoes Bacon and Blue Potato Salad Chef's Steamed Vegetable Baked Roll Ice Cream Sandwich	Green Salad Oven Fried Chicken or Spaghetti with Marinara Sauce Homemade Stuffing Mixed Vegetables Lemon Cookie	Turkey and Broccoli or Beef Goulash Parsley Egg Noodles Roasted Cauliflower Baked Roll Chocolate Marshmallow Cake	Green Salad Vegetarian Quiche or Pork Roast with Gravy Smashed Sweet Potatoes Peas and Pearl Onions Baked Roll Yellow Cupcake	Salisbury Steak and Gravy or Baked Chicken Fajitas Classic Mashed Potatoes Spanish Rice California Blend Baked Roll Ice Cream Sundae	Green Salad Grilled Sole with Aioli Sauce Veal Parmesan Lemon Rice Fresh Mashed Potatoes Lemon Buttered Broccoli Baked Roll Angel Food Cake	Green Salad Slow Roasted Carved Turkey or Baked Ham Homemade Stuffing Baked Sweet Potato Roasted Root Vegetables Baked Roll Banana Sheet Cake
D I N	Creamy Tomato Bisque Roast Pork Sandwich or Grilled Cheese Sandwich Rice Pilaf Marinated Green Bean Salad Bread Pudding	Baked Macaroni Cheese or Caesar Salad Wrap Pears Green Pepper Tomato Salad American Apple Pie	Corn Chowder Grilled Chicken Sandwich or BLT Sandwich Sweet Potato Fries Assorted Fruit Veggies in Salad Cornbread Muffin Homemade Cookie	Hamburger Noodle Bake or Fish and Chips Boiled Potatoes Chef's Steamed Vegetable Coleslaw Homemade Cookie	Classic Turkey Sandwich or Beef Quesadilla Tomato Wedges Garden Pasta Salad Chocolate Cream Pie	Homestyle Bean Bacon Soup Tacos or Chicken Salad on Bun Classic Macaroni Salad Watermelon Mixed Vegetables Peach Crisp	Fresh Chicken Pot Pie or Beef Patty Melt Green Beans Carrot Raisin Salad Vanilla Pudding
Milk offered at every meal							Week 4

Dietitian's Signature *Deann Agui RDN 4-12-2020 #610128*