

# SAMPLE MENU

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|---|---|---|---|
| Swedish Meatballs<br>Bowtie Noodles<br>Green Beans<br><br>Wheat Dinner Roll<br>Peaches  | Escarole and Bean Soup<br>LS Crackers<br>Crab Cake / Tartar Sauce<br><br>Confetti Brown Rice<br>California Blend<br>Rye Bread<br>Fresh Fruit                 | Herb Roasted Chicken Qtr.<br>Spanish Rice<br>Spinach Salad with Shredded<br><br>Carrot, Raspberry Vinaigrette<br>Wheat Bread<br>chocolate chip cookie | Pot Roast / LS Gravy<br>Smashed Potato<br>Broccoli<br><br>Pumpnickel Dinner Roll<br>Margarine<br>Birthday Cake *        | Spinach Grandioli with<br>LS Sauce<br>Parmesan Cheese<br>Tossed Salad with Cucumber<br>and<br>Italian Dressing<br>Garlic Breadstick | Hot Dog on a roll with sauerkraut<br>Tossed Salad<br>mustard and relish<br><br>Tossed Salad dressing<br>french fries<br>fresh fruit |
| Mandarin Chicken<br>Vegetable Fried Rice<br>Oriental Blend<br>Wheat Bread<br>Margarine<br>Mandarin Oranges  | Hamburger Au Jus<br>Wheat Bun<br>Ketchup<br>Steak Fries<br>Coleslaw<br>Watermelon  | Broccoli Quiche<br>Beets<br>Green Beans<br>Wheat Dinner Roll<br>Fresh Fruit   | Chicken Noodle Soup<br>LS Crackers<br>Turkey / LS Gravy<br>Stuffing<br>Spinach<br>Rye Bread<br>Baked Apple Wedges       | Seafood Salad<br>Lettuce and Tomato<br>Three Bean Salad<br>Portuguese Roll<br>Cranberry Juice                                       | Meatloaf w/ls gravy<br>Baked potato<br>glazed carrots<br>dinner roll<br>Cranberry Juice<br>Iced Yellow Cake *                       |
| Cream of Carrot Soup<br>LS Crackers<br>Light Crunch Fish<br>Tartar Sauce/Lemon<br>Tossed Salad with Tomato and<br>Italian dressing<br>Family Grain Bread<br>fresh fruit | Chicken Cacciatore<br>Bowtie Pasta<br>Cauliflower with Parsley<br>Italian Bread<br>Pineapple Juice<br>Ice Cream Cup  | Meatloaf / LS Gravy<br>Baked Potato<br>Sour Cream<br>Glazed Carrots<br>Multigrain Bread<br><br>Tropical Fruit   | Veal Roulade with Gravy<br>Baked Potato with Sour Cream<br>Herbed Peas and Onions<br>Garlic Dinner Roll<br>Holiday cake | Eggplant Rolatini w Cheese<br>Sprinach Salad w/vignarette<br>Garlic Bread<br>Spinach salad<br>fresh fruit                           | Tomato soup w ls crackers<br>Turkey sandwich on Grinder<br>Tossed salad w/tomato<br>french bread<br>Melon                           |
| Spaghetti with meat sauce<br>Parmesan cheese<br>Spinach Salad with Shredded<br>Carrot and Raspberry<br>Vinaigrette<br>Garlic Bread<br>Mixed Fruit Juice<br>Italian Ice  | Shrimp Bisque<br>LS Crackers<br>Chef Salad with Turkey, Ham<br>and Cheese<br>Lettuce, Tomato, Cucumber<br>French Dressing<br>Wheat Breadstick<br>Fresh Fruit | Stuffed Salmon with Rosemary<br>Cream Sauce<br>Brown Rice Pilaf<br>Roasted Fresh Zucchini and<br>Yellow Squash<br>Marble Rye Bread<br>Pears           | Roast Beef /LS Gravy<br>Baked Potato<br>Sour Cream<br>Tuscan Blend<br>Multigrain Bread<br>Margarine<br>Peaches          | Vegetable Omelet<br>Sweet Potato Fries<br>Coleslaw Vinaigrette<br>Pumpnickel Bread<br>Margarine<br>Apple Juice<br>M & M Cookie *    | Swedish meatballs<br>Bowtie noodles<br>Green beans<br>Wheat dinner roll<br>Peaches  |
| Stir Fry Chicken and<br>Broccoli<br>Brown Rice<br>Rye Bread<br>Pineapple  | Salisbury Steak / LS<br>Mushroom Gravy<br>Roasted Potato<br>Scandinavian Blend<br>Pumpnickel Dinner Roll<br>Cranapple Juice<br>Marble Cake                   |   | AM Snacks<br>Coffee, tea, juice<br>Bagel, toast, muffin or donut  | All meals served with 1% milk<br>and a choice of coffee or tea.   |   |