

Weekly Meal Planning Worksheet

	Breakfast	Lunch	Dinner
Sunday	Assorted Juices	Baked Ham	Chicken ala King over Biscuit
	Hot or Cold Cereal	Sweet Potato Casserole	Tossed Vegetable Salad w/ Dressing
	Fried or Poached Egg	Green Beans w/ Bacon and Onions	Fruited Gelatin
	Sausage	Cream Pie	Milk
	Donut or Toast	Corn Bread	
	Milk	Beverage	
Monday	Assorted Juices	Lemon Pepper Pollock or Fried Fish	Beef And Noodles
	Hot or Cold Cereal	Herbed Rice	Mixed Vegetables
	Sausage	Calico Cole Slaw	Peaches w/ Whipped Topping
	Hash Browns	Frosted Chocolate Cake	Dinner Roll
	Pancakes	Bread	Beverage
	Milk	Beverage	
Tuesday	Assorted Juices	Country Fried Steak	Vegetable Soup/Crackers
	Hot or Cold Cereal	Mashed Potatoes w/ Gravy	Grilled Chicken Sandwich
	Sausage	Peas	Cheese Puffs
	Scrambled Egg	Strawberry Cream Gelatin	Ambrosia
	Toast	Bread	Brownie
	Milk	Beverage	Beverage
Wednesday	Assorted Juices	Pork Chop	Soup of Choice/Crackers
	Hot or Cold Cereal	Baked Corn Casserole	Egg Salad Sandwich or
	Egg of Choice	California Vegetables	Deli Sandwich
	Bacon Strip	Fruit Cobbler	Potato Chips
	Banana Bread	Bread	Broccoli Salad
	Milk	Beverage	Seasonal Fruit/Beverage
Thursday	Assorted Juices	Roast Turkey	Spaghetti w/ Meat Sauce
	Hot or Cold Cereal	Dressing	Green & Wax Bean Combo
	Sausage Gravy over Biscuit	Mashed Potatoes w/ Gravy or	Tossed Italian Salad
	Milk	Sweet Potatoes	Fruit Crisp
		Pecan Pie	Garlic Bread
		Dinner Roll/Beverage	Beverage
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