

**WEEK ONE**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST 8:00</b>	<b>BREAKFAST 8:00</b>	<b>BREAKFAST 8:00</b>	<b>BREAKFAST 8:00</b>	<b>BREAKFAST 8:00</b>	<b>BREAKFAST 8:00</b>	<b>BREAKFAST 8:00</b>
8 oz JUICE - PRUNE CREAM OF WHEAT TOAST/SPREAD FRIED EGG	8 oz JUICE- ORANGE OATMEAL RYE TOAST CHEDDAR CHEESE	8 oz JUICE - APPLE CREAM WHEAT WAFFLE BACON	8 oz JUICE - ORANGE OATMEAL BROWN TOAST/SPREAD SCRAMBLED	8 oz JUICE - PRUNE CREAM WHEAT TOAST SCRAMBLED EGG	8 oz JUICE - APPLE OATMEAL TOAST/SPREAD BOILED EGG	8 oz JUICE - PRUNE CREAM WHEAT RAISIN TOAST/SPREAD BACON
<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>
BORSCHT PEROGIES/FRIED ONIONS/ SOUP CREAM SAUREKRAUT/SHREDDED CARROTS GARLIC SAUSAGE STRAWBERRY MOUSSE	LENTIL SOUP EGG SALAD WITH LETTUCE ON RYE BREAD TOMATO/ONION/MUSHROOM SAL CANTELOPE	CARROT SOUP SUB SANDWICH HAM/SALAMI/CHEESE LETTUCE/TOMATO/SAUCE COLESLAW COCONUT FRUIT SQUARES	TOMATO MACARONI SOUP GRILLED CHICKEN CAESAR SALAD PLATE WHOLE WHEAT ROLL HONEYDEW MELON	SPLIT PEA SOUP OPEN FACED CHEESEBURGER FRENCH FRIES TOMATO/ONIONS/PICKLES MARINATED CUCS/SOURCREAM BANANA	FRENCH ONION SOUP BALOGNA/CHEESE/SHREDDED LETTUCE ON BROWN PASTA SALAD VINEIGRETTE TOMATO SALAD PEARS	MINESTRONI SOUP HAM STEAK ON KAISER MUSTARD AND MAYO TOSSED SALAD Alt: salami FRUITCOCKT
<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>
DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE
<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>
HONEY MUSTARD CHICKEN PARSLEY BOILED RED POTATO BUTTERED WAXED BEANS PINEAPPLE	BEEF FORESTIER ROTINI GREEK SALAD GARLIC BREAD STICKS STRAWBERRY/WHIP TOPPING	CREAMY PORK CUTLET HERB BISCUITS HOT REDPOTATO/BACON SALAD CORN O'BRIEN ALT: TURKEY CUTLET FRUIT COCKTAIL	LAZY CABBAGE ROLLS FRENCH CUT BEANS BUTTERED RYE BREAD SLICE BREAD PUDDING/APRICOTS	PARMESAN OVEN FRIED COD TARTAR SAUCE WHIPPED SWEET POTATO BRUSSEL SPROUTS ALT: VEAL LEMON PIE	TANDORI CHICKEN BREAST ROASTED HERB POTATO PEAS AND CARROTS ICE CREAM	ROAST BEEF/HORSERADISH GRAVY GARLIC SOUR CREAM POTATO GREEN BEANS CARROT CAKE CHEESE ICING
<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>
OREO COOKIES VARIETY SANDWICHES	BRAN MUFFIN VARIETY SANDWICHES	CHOCOLATE CHIP COOKIE VARIETY SANDWICHES	OATMEAL MUFFIN VARIETY SANDWICHES	FRUIT CRÈME COOKIES VARIETY SANDWICHES	CARROT MUFFIN VARIETY SANDWICHES	SHORTCAKE COOKIES VARIETY SANDWICHES

ALTERNATIVE AVAILABLE AT EACH MEAL - SANDWICH

3/4 CUP VEGGIE AT DINNER MEAL, 3/4 CUPS FRUIT

MILK, JUICE, TEA AND COFFEE ARE OFFERED AT EACH MEAL

**WEEK TWO**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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8 oz JUICE - APPLE OATMEAL RYE TOAST FRIED EGG	8 oz JUICE - ORANGE CREAM OF WHEAT BROWN TOAST/SPREAD CHEESE SLICE	8 oz JUICE - APPLE OATMEAL WAFFLES SAUSAGE	8 oz JUICE - ORANGE CREAM OF WHEAT BROWN TOAST/SPREAD SCRAMBLED	8 oz JUICE - APPLE OATMEAL RYE TOAST CHEESE SLICE	8 oz JUICE - PRUNE CREAM OF WHEAT RYE TOAST/SPREAD BOILED EGG	8 oz JUICE - APPLE OATMEAL RAISIN TOAST/SPREAD SCRAMBLED EGG/BACON
<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>
SUMMER VEGETABLE SOUP GRILLED CHEESE SANDWICH SPINACH SALAD COCONUT CREAM PUDDING	CHICKEN NOODLE SOUP HOT DOG PORK N BEANS DICED CARROTS APPLESAUCE WITH CINNAMON	CREAM OF CAULIFLOWER CHICKEN NUGGETS HONEY MUSTARD SAUCE FRENCH FRIES TOMATO SLICES CARROT MUFFIN	NAVY BEAN SOUP OPEN FACED FISH BURGER TARTAR SAUCE TOSSED SALAD ALT: CHICKEN FINGERS APRICOT CRISP	BORSCHT PIZZA CAESAR SALAD BANANA	CARROT SOUP GREEK TUNA SALAD SUB PINEAPPLE COLESLAW FRUIT COCKTAIL	SQUASH SOUP POTATO PANCAKES SOUR CREAM ORANGE SEGMENTS BREAKFAST SAUSAGE DANISH
<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>
DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE
<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>	<b>DINNER 5:00</b>
CHICKEN STEW BAKED POTATO MIXED VEGETABLES HERB BISCUIT CANTELOPE	COLD PLATE SALMON AND CELERY SALAD COUNTRY STYLE POTATO SALAD MARINATED GREENBEAN SALAD WHOLE WHEAT ROLL ALT: TURKEY BAKED PEAR	MEATLOAF SPANISH SAUCE SAVORY RICE BUTTERED PEAS STEWED RHUBARB	HAM WITH PINEAPPLE GLAZE SCALLOPED POTATO BROCCOLI SLICE OF RYE BREAD ALT: CHICKEN FRUIT SALAD WITH YOGURT	SHEPHERDS PIE BROWN GRAVY WHIPPED POTATOES GLAZED CARROTS DATE SQUARE	APPLE GINGER PORK CHOP BOILED POTATO CREAMED CORN ALT: VEAL CUTLET CHERRY PIE	ROAST TURKEY/HERB DRES CRANBERRY/GRAVY MASHED POTATO CALIFORNIA MIXED FRZ BERRIES/WHIP TOP
<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>
OREO COOKIES VARIETY SANDWICHES	BRAN MUFFIN VARIETY SANDWICHES	CHOCOLATE CHIP COOKIE VARIETY SANDWICHES	OATMEAL MUFFIN VARIETY SANDWICHES	FRUIT CRÈME COOKIES VARIETY SANDWICHES	CARROT MUFFIN VARIETY SANDWICHES	SHORTCAKE COOKIES VARIETY SANDWICHES

ALTERNATIVE AVAILABLE AT EACH MEAL - SANDWICH

3/4 CUP VEGGIE AT DINNER MEAL, 3/4 CUPS FRUIT

MILK AND JUICE ARE OFFERED AT EACH MEAL

**WEEK THREE**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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8 oz JUICE - ORANGE CREAM OF WHEAT BROWN TOAST/SPREAD FRIED EGG	8 oz JUICE - APPLE OATMEAL RYE TOAST CHEDDAR CHEESE	8 oz JUICE- PRUNE CREAM WHEAT PANCAKES BACON	8 oz JUICE - APPLE OATMEAL BROWN TOAST/SPREAD SCRAMBLED EGG	8 oz JUICE - PRUNE CREAM WHEAT TOAST SCRAMBLED EGG	8 oz JUICE - APPLE OATMEAL TOAST/SPREAD HARD BOILED EGG	8 oz JUICE- ORANGE CREAM WHEAT RAISIN TOAST/SPREAD SAUSAGE
<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>	<b>LUNCH 12:00</b>
TOMATO SOUP CHICKEN FINGERS HONEY MUSTARD SAUCE FRENCH FRIES CARROTS WITH GINGER CHOC CAKE WITH ICING	MINESTRONI SOUP EGG SALAD/SHREDDED LETTUCE ON RYE TOSSED SALAD PUMPKIN MUFFIN	SPLIT PEA SOUP FISH STICKS COLD GERMAN POTATO SALAD VINEGRETTE COLESLAW ALT: CHICKEN BURGER BANANA	CREAM OF BROCCOLI SOUTHERN DELIGHT SANDWICH ON KAISER GREEK SALAD CANTELOPE	BEEF BARLEY HOT TURKEY SANDWICHES/brown TURKEY GRAVY DICED CARROTS PINEAPPLE	CHICKEN NOODLE SALAMI AND CHEESE ON RYE TOMATO AND PEPPER SALAD APRICOTS	CARROT SOUP SALMON SALAD ON BROWN BREAD CUCS AND ONION SALAD TROPICAL FRUIT
<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>
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SWEDISH MEATBALLS MUSHROOM CREAM SAUCE BOILED RED POTATOES FRENCH CUT BEANS PEARS	SWEET AND SOUR PORK FRIED RICE ORIENTAL VEG ALT: TURKEY SCHNITZEL STRAWBERRIES	SPAGETTI/ MEATSAUCE CAESAR SALAD HERB BISCUIT BAKED CUSTARD	CHICKEN BREAST LOREN SCALLOPED POTATO CREAM CORN APPLE CRISP	FLOUNDER TARTAR SAUCE GREEK ROASTED BAKED POTATOES/SOUR CREAM BRUSSEL SPROUTS ALT: VEAL RAISIN PIE	VEAL CUTLET HORSERADISH SAUCE HOT POTATO SALAD PEAS AND CARROTS ICE CREAM/BLUEBERRIES	ROAST PORK MARMALADE PUREE MASHED POTATO WHIPPED TURNIP/BROWN SUGAR ALT:CHICKEN DATE SQUARE
<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>
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**WEEK FOUR**

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8 oz JUICE - ORANGE CREAM OF WHEAT TOAST/SPREAD PEANUT BUTTER	8 oz JUICE - APPLE OATMEAL RYE TOAST BOILED EGG	8 oz JUICE - PRUNE CREAM WHEAT WAFFLES BACON	8 oz JUICE - ORANGE OATMEAL BROWN TOAST/SPREAD FRIED EGG	8 oz JUICE - ORANGE CREAM WHEAT TOAST CHEESE SLICE	8 oz JUICE - APPLE OATMEAL BROWN TOAST/SPREAD SCRAMBLED EGG	8 oz JUICE - PRUNE CREAM WHEAT RAISIN TOAST/SPREAD SAUSAGE
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SPLIT PEA SOUP CHICKEN TETRAZZINI MIXED VEGETABLES FRUIT TRIFLE	BORSCHT EGG SALAD LETTUCE SANDWICH CEASAR SALAD PEARS	CREAM OF BROCCOLI SOUP GRILLED RUEBAN SANDWICH CORN SALAD STEWED RHUBARB	TOMATO RICE SOUP WHOLE WHEATSUB WITH BACON TURKEY, LETTUCE, TOMATO CHEESE/MAYO SPINACH SALAD STRAWBERRY MOUSSE	CORN AND BEAN CHOWDER PIZZA TOMATO SALAD TROPICAL FRUIT	SQUASH SOUP ROAST BEEF MELT TOSSED SALAD PEACH WITH WHIP TOP	BEEF BARLEY SOUP HAM SALAD ON KAISER CUCS IN SOUR CREAM ALT: SALAMI/CHEESE MANDARINS
<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>
DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE	ARROWROOT COOKIE/JUICE	DIGESTIVE COOKIE/JUICE
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BAKED HAM LEMONSAUCE HOMEFRIED RED POTATOES BALSAMIC CARROTS AND ONIONS ALT: CHICKEN BREAST PINEAPPLE	CHEESEBURGER FRENCH FRIES COUNTRY COLESLAW DILL PICKLE PUMPKIN LOAF WITH CREAM CHEESE ICING	HERB BAKED CHICKEN SPANISH RICE CARROTS BUTTERTART BAR	VEAL SCHNITZEL WITH LEMON BUTTERED PARSLEY NOODLES BUTTERED SKILLETSLAW CANTELOPE	FLOUNDER TARTAR SAUCE POTATO WEDGES BROCCOLI WITH ALMONDS ALT: TURKEY CUTLET BLUEBERRY PIE	COLD PLATE SLICED TURKEY COLD GERMAN POTATO SALAD CHICK PEA SALAD BUTTERED RYE BREAD CHERRY COBBLER	ROAST BEEF MUSHROOM GRAVY ROAST GARLIC RED POTATO BALSAMIC CARROTS STRAWBERRY SHORTCAKE
<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>
OREO COOKIES VARIETY SANDWICHES	BRAN MUFFIN VARIETY SANDWICHES	CHOCOLATE CHIP COOKIE VARIETY SANDWICHES	OATMEAL MUFFIN VARIETY SANDWICHES	FRUIT CRÈME COOKIES VARIETY SANDWICHES	CARROT MUFFIN VARIETY SANDWICHES	SHORTCAKE COOKIES VARIETY SANDWICHES

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3/4 CUP VEGGIE AT DINNER MEAL, 3/4 CUPS FRUIT

MILK AND JUICE ARE OFFERED AT EACH MEAL

**WEEK FIVE**

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TOMATO SOUP MACARONI AND CHEESE CALIFORNIA MIXED VEG CANTELOPE	HAM VEGETABLE SOUP TUNA SALAD SANDWICH BOW TIE CARBONARA SALAD STRAWBERRY/RHUBARB	CREAM OF MUSHROOM SOUP HAM OR EGG ON RYE CARROT SLAW PEARS	LENTIL SOUP CAPE CODDLER TURKEY SANDWICH ON BROWN COLESLAW TOMATO JUICE BANANA	MINISTRONI OPEN FACED FISH BURGER TARTAR SAUCE FRENCH FRIES TOMATO/ONION SLICES ALT: CHICKEN BURGER MANDARIN	CREAM OF CAULIFLOWER/CHEESE BEEFARONI TOSSED SALAD PUMPKIN CHEESECAKE	CARROT SOUP CHICKEN SALAD SANDWICH CHIX PEA SALAD FRUIT COCKTAIL
<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>	<b>AFTERNOON SNACK 2:00</b>
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TURKEY A LE KING PUFFED PASTRY RED POTATO WHIPPED TURNIP PINEAPPLE CRUMBLE	SALISBURY STEAK WITH MUSHROOM SAUCE O'BRIEN RED POTATO PEAS/PEARL ONIONS PUMPKIN PIE/WHIP TOP	COLD PLATE CHICKEN BREAST PASTA SALAD GREEK SALAD WHOLE WHEAT ROLL BERRY COBBLER	POTATO PANCAKE/SOUR CREAM SAUSAGES BROCCOLI CARROT CAKE	LEMON/PEPPER BAKED CHICKEN WHIPPED SWEET POTATO FRENCH CUT BEANS BROWNIES	POLLOCK TARTAR SAUCE LEMON RICE ORIENTAL VEGETABLES ALT: TURKEY APRICOTS	GLAZED BAKED HAM CRANBERRY/HONEYMUSTARD SCALLOPED POTATOES BRUSSEL SPROUTS/CHEESESAUCE ALT: VEAL CUTLET LEMON TARTS/WHIP TOP
<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>	<b>EVENING SNACK 7:00</b>
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