

SAMPLE MENU

SUNDAY

BREAKFAST

Hot or cold cereal
Juice of choice
Scrambled eggs
Bacon, sausage
Blueberry muffins
Butters, jams, syrup
Milk, coffee, tea

LUNCH

Mixed green salad
Soup: Tomato florentine
Fried chicken
Mashed potato
Vegetable medley
Fresh baked bread
Assorted desserts

DINNER

Mixed green salad
Soup: Tomato florentine
Chopped beef sandwich
Corn nuggets
Cole slaw
Assorted desserts

MONDAY

BREAKFAST

Hot or cold cereal
Juice of choice
Scrambled eggs
Bacon, sausage
Toast
Butters, jams, syrup
Milk, coffee, tea

LUNCH

Mixed green salad
Pears with cottage cheese
Soup: Corn chowder
Smothered beef tips
White rice
Zucchini
Fresh baked bread
Assorted desserts

DINNER

Mixed green salad
Pears with cottage cheese
Soup: Corn chowder
Fettucine alfredo
Steamed broccoli
Glazed carrots
Garlic bread
Assorted desserts

TUESDAY

BREAKFAST

Hot or cold cereal
Juice of choice
Scrambled eggs
Bacon, sausage
Biscuit and gravy
Butters, jams, syrup
Milk, coffee, tea

LUNCH

Mixed green salad
Black eye pea salad
Soup: Loaded baked potato
Baked chicken
Corn casserole
Fried okra
Fresh baked bread
Assorted desserts

DINNER

Mixed green salad
Black eye pea salad
Soup: Loaded baked potato
Chicken pot pie
Roasted potato
Lima beans
Assorted desserts

WEDNESDAY

BREAKFAST

Hot or cold cereal
Juice of choice
Scrambled eggs
Bacon, sausage
Danish
Butters, jams, syrup
Milk, coffee, tea

LUNCH

Mixed green salad
Pasta salad
Soup: Chicken enchilada
Pulled pork sandwich
French fries
Baked beans
Pickles and onions
Assorted desserts

DINNER

Mixed green salad
Pasta salad
Soup: Chicken enchilada
Turkey melt
Tomato soup
Roasted cauliflower
Assorted desserts

THURSDAY

BREAKFAST

Hot or cold cereal
Juice of choice
Scrambled eggs
Bacon, sausage
Pancakes
Butters, jams, syrup
Milk, coffee, tea

LUNCH

Mixed green salad
Ambrosia
Soup: Tomato basil
Salisbury steak
Broccoli rice casserole
Fried zucchini
Fresh baked bread
Assorted desserts

DINNER

Mixed green salad
Mandarin orange salad
Soup: Tomato basil
Country fried steak
Scalloped potatoes
Collard greens
Fresh baked bread
Assorted desserts

FRIDAY

BREAKFAST

Hot or cold cereal
Juice of choice
Scrambled eggs
Bacon, sausage
Hash brown
Butters, jams, syrup
Milk, coffee, tea

LUNCH

Mixed green salad
Cole slaw
Soup: Broccoli cheese
Fried fish
Pinto beans
Steamed cabbage
Hush puppies
Assorted desserts

DINNER

Mixed green salad
Cole slaw
Soup: Broccoli cheese
King ranch casserole
Mixed vegetable
Fried okra
Assorted desserts

SATURDAY

BREAKFAST

Hot or cold cereal
Juice of choice
Scrambled eggs
Bacon, sausage
Raisin bread
Butters, jams, syrup
Milk, coffee, tea

LUNCH

Mixed green salad
Carrot raisin salad
Soup: Chicken noodle
Spaghetti with meatballs
Italian vegetables
Yellow squash
Garlic bread
Assorted desserts

DINNER

Mixed green salad
Carrot raisin salad
Soup: Chicken noodle
Chicken salad sandwich
Potato chips
Ambrosia
Assorted desserts