

# SAMPLE MENU

## SUNDAY

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### 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

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### 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

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### 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

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### 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

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### 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

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### 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

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### 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