

Dining Menu

WEEKLY SAMPLE

**ALTERNATIVE MENU
ALSO AVAILABLE**

THURSDAY

- Breakfast: Breakfast Sandwich on Whole Wheat Toast, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- Lunch: Lemon Pepper Turkey Breast, Sage Cornbread Stuffing, Creamed Brussel Sprouts, Roll, Warm Lemon Cake
- Dinner: Chicken & Dumplings, Roasted Fresh Beets, Roll, Glazed Pumpkin Cake

FRIDAY

- Breakfast: Cinnamon French Toast, Ham Slice, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- Lunch: Rock Shrimp Alfredo, Linguine Noodles, Broccoli Florets, Roll, Glazed Chocolate Sheet Cake
- Dinner: Chili Con Carne, Chef Salad, Cornbread, Peach Pie

SATURDAY

- Breakfast: Choice of Egg, Cinnamon Roll, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- Lunch: Crunchy Ranch Chicken, Macaroni & Cheese, Roll, Chocolate Mousse Pudding
- Dinner: Tomato Swiss Steak, Buttermilk Mashed Potatoes, Mixed Veggies, Roll, Glazed White Sheet Cake

SUNDAY

- Breakfast: Eggs O' Brian, Whole Wheat Toast, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- Lunch: Honey Roasted Pork Medallions, Wild Rice Blend, Corn, Roll, Red Velvet Cake
- Dinner: Oven Fried Fish 'n Chips, Creamy Coleslaw, Roll, Baked Apples

MONDAY

- Breakfast: Whole Wheat Pancakes Sausage Patty, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- Lunch: Cran-Pear Roast Port, Whipped POTatoes, Whole Green Beans, Roll, Fruits of the Forest Pie
- Dinner: Braised Turkey over Noodles, Garlic Roasted Fresh Cauliflower, Roll, Raisin Rice Pudding

TUESDAY

- Breakfast: Waffles, Bacon, Season Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- Lunch: Beef Taco Salad, Tortilla Chips & Salsa, Pico de Gallo, Roll, Churros
- Dinner: Turkey Pot Pie, Rosemary Mashed Potatoes, Roll, Pound Cake

WEDNESDAY

- Breakfast: Zucchini and Parmesan Baked Omelet, Whole Wheat Toast, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- Lunch: Honey Mustard Chicken with Tumeric, Wild Rice, Peas, Roll, Sour Cream Coffee Cake
- Dinner: Stuffed Green Pepper, Corn Roll, Cookie Bars