


**SAMPLE WEEKLY MENU**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIGHT MEAL	Cream of Broccoli Soup or cottage cheese	Turkey Soup or cottage cheese	Garden Vegetable Soup or cottage cheese	Beef Barley or cottage cheese	Cream of Cauliflower Soup or cottage cheese	Chicken Rice or cottage cheese	Cream of Tomato Soup or cottage cheese
	Salmon Sandwich	Corned Beef Sandwich	Shaved Ham and Cheese Sandwich	Egg Salad Sandwich	Chicken & Spinach Herb Sandwich	Roast Beef Sandwich with mustard	Minced Ham on a Bun
	Apple Slices	Watermelon	Pickles	Orange Wedge	Cheese Slice	Dill Pickle	Celery Stick
	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate</u>
	Cheese & Tomato Sandwich	Potato & Cheese Quiche	Mushroom Burger	Beef Taco Salad	Fish Burger	Deli Meat Plate with <i>Potato Salad</i>	Cheese Sandwich
Peaches	Date Squares	Yogurt	<i>Apricots</i>	Fruit cocktail	Diced Melons	Peaches	
MAIN MEAL	Tossed Salad	Crab Salad	Pineapple Curry Meatballs	Coleslaw	Spinach Salad	Bean Salad	Green Salad
	Shepherds Pie	Shake and Bake Chicken	Mashed Potatoes	Chicken and Vegetable Stir Fry	Pork Cutlet and Gravy	Salmon Cakes and Dill Sauce	Roast Turkey and Gravy
	Mashed Potato	Potatoes Romanoff	Mixed Vegetables	Rice	Roasted Potatoes	Bolied Potatoes	Stuffing
	Broccoli & Cheese Sauce	Green Beans	<u>Alternate Choice</u>	Carrots	Cauliflower and Cheese Sauce	Carrot and Bean Medley	Mashed Potatoes
	Biscuits	<u>Alternate Choice</u>	Veal Cutlet and Gravy	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	Peas
<u>Alternate Choice</u>	Cabbage Rolls	Lazy Black Forest Cake	Asian Glazed Salmon	Liver and Onions and Gravy	Beef Filled Tortellini Casserole	Beef Pot Pie and Gravy	
Chicken Alfredo	Broken Glass		Banana Pudding	Pineapple Slice	Coconut Cream Squares	 Pat's Special Cheesecake	
Garlic Toast							
Bread Pudding							

Assorted Juices available at all Meals

Bread available upon request