| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | 1 Breakfast Cream of Rice, French Toast, Sausage <br> Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash, Cranberry Sauce | 2 Breakfast Maypo, Cheesy Egg Scramble, White Toast <br> Lunch Pork Pie, Corn Dinner Carne Asada, Mexican Corn, Lime Cilantro Sweet Potatoes | 3 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Marsala, Sautéed Mushrooms, Garlic Mashed Potato, Broccoli |
| 4 Breakfast Oatmeal, Pancake, Bacon Lunch Shepherd's Pie, Corn Muffin Dinner Tuna Salad Plate, Lettuce \& Tomato, Super Slaw, Roll | 5 Breakfast Cream of Wheat, Hard Boiled Egg, Donut Lunch Lemon Chicken, Oven Browned Potatoes, Asparagus Dinner Haddock Florentine, Carrots, Mashed Potato | 6 Breakfast Oatmeal, <br> Western Soufflé, Hash Brown Potatoes Lunch Hamburger or Cheeseburger, Peppers \& Onions, Bowtie Pasta Salad <br> Dinner Sweet Ah-So Pork, Asian Vegetables, Brown Rice | 7 Breakfast Banana, Cream of Rice, French Toast, Bacon <br> Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Chicken Salad In A Hot Dog Roll, Mandarin Orange Salad, Potato Salad | 8 Breakfast Maypo, Ham \& Cheese Egg Croissant Lunch Baked Haddock, Rice Pilaf, Broccoli Dinner Macaroni \& Cheese, Stewed Tomatoes | 9 Breakfast Cream of Wheat, Cheesy Scramble, Toast <br> Lunch Spaghetti w/ Meat Sauce, Zucchini, Italian Bread <br> Dinner Seafood Salad On A Bed Of Lettuce, White Bean Asparagus Salad, Potato Salad | 10 Breakfast Oatmeal, Pancake, Sausage Lunch Roast Beef w/Gravy, Baked Potato, Green Beans Dinner Chicken Teriyaki, Jasmine Rice, Asian Vegetables |
| 11 Breakfast Cream of Rice, Vegetable Soufflé, Hash Browns Lunch Chicken \& Asparagus over Gemelli Pasta w/Ricotta Cream Sauce Dinner Stuffed Cabbage, Scalloped Potatoes | 12 Breakfast Maypo, Egg Scramble, English Muffin <br> Lunch Chicken <br> Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick Dinner Haddock Racheal Sandwich, Tater Tots, Watermelon | 13 Breakfast Oatmeal, Pancakes <br> w/Strawberry Topping <br> Lunch Beef Tips, <br> Spinach Salad, Pasta <br> Salad <br> Dinner Shrimp <br> Scampi, Broccoli, <br> Couscous | 14 Breakfast Cream of Wheat, Scrambled Egg, Toast <br> Lunch Meatloaf w/ Gravy, Mashed Potato, Green Beans Dinner Turkey Divan, Brown Rice, Cauliflower | 15 Breakfast Oatmeal, Fried Egg, Corned Beef Hash, Toast <br> Lunch Baked Haddock, <br> Rice Pilaf, California <br> Vegetables <br> Dinner Ham Salad over <br> Mixed Greens, <br> Cucumber \& Tomato <br> Salad w/Feta Cheese, <br> Pita Bread | 16 Breakfast Cream of Rice, Pepper \& Onion Scramble, Croissant Lunch Macaroni \& Cheese, Stewed Tomatoes Dinner Seafood Cakes w/Remoulade Sauce, Rainbow Peppers | 17 Breakfast Maypo, Pumpkin Pancakes, Sausage <br> Lunch Greek Chicken w/Lemon, Oregano \& Black Olives, Barley Pilaf, Green Beans w/Red Peppers Dinner Ziti Casserole w/Cheese \& Ground Beef, Garlic Bread, Zucchini |
| 18 Breakfast Oatmeal, Cheesy Scramble, Toast Lunch Turkey Tips, Broccoli, Mashed Potatoes Dinner Pepper Steak over Rice, Spinach | 19 Breakfast Cream of Wheat, Hay Stack Eggs Lunch Shepherd's Pie, Zucchini <br> Dinner Chicken Fingers, French Fries, New Brunswick Vegetables | 20 Breakfast Maypo, <br> Pancakes \& Syrup, Bacon Lunch Grilled Marinated Chicken, Couscous Salad, Watermelon <br> Dinner Cheese Ravioli w/Tomato Sauce, Roasted Eggplant | 21 Breakfast Oatmeal, Vegetable Quiche Lunch Beef Tips, Sweet Potatoes, Italian Green Beans Dinner Chicken Tortilla Casserole, Summer Squash | 22 Breakfast Cream of Rice, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Asparagus, Baked Potato Dinner Korean BBQ Meatloaf, Coleslaw, Cucumber Slices | 23 Breakfast Cream of Wheat, Egg and Cheese Croissant Lunch Turkey Florentine w/Supreme Sauce, Baked Sweet Potato Dinner Beef Broccoli Stir Fry w/Lo Mein | 24 Breakfast Oatmeal, Egg \& Vegetable Soufflé, Toast Lunch Roast Pork w/ Apple Sauce, Red Skin Potatoes, Baby Carrots, Applesauce Dinner Chicken Salad, Macaroni Salad, Marinated Vegetables |
| 25 Breakfast Maypo, Banana Pancakes, Bacon <br> Lunch Chicken Marsala, Oven Browned Potatoes, Green Beans Dinner Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread | 26 Breakfast Cream of Rice, Scrambled Egg w/Baked Ham Lunch Stuffed Cabbage, Mashed Potatoes Dinner Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce | 27 Breakfast Oatmeal, Hash Browned <br> Potatoes, Hard Boiled Egg <br> Lunch BBQ Beef, Lo Mein Salad, Superslaw Dinner Vegetable Quiche, Fruit Salad | 28 Breakfast Cream of Wheat, French Toast, Bacon <br> Lunch Veal Cutlet, Prince Edward Blend Vegetables, Mashed Potatoes Dinner Sesame Chicken, Vegetable Brown Rice | 29 Breakfast Maypo, Bacon \& Cheese Quiche Lunch Baked Haddock, Italian Blend <br> Vegetables, Sweet Potato <br> Dinner Meatloaf w/Gravy, Mashed Potatoes, Vegetable of the Day | 30 Breakfast Oatmeal, Blueberry Waffle <br> Lunch Italian Sausage <br> Sauce Over Spaghetti, Green Beans, Garlic Bread Dinner Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes | 31 Breakfast Cream of Rice, Cheesy Egg Scramble, Toast Lunch London Broil, Brussel Sprouts, Couscous Dinner Fish Sandwich, Coleslaw, Potato Tots |

