| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 Breakfast Oatmeal Ham and Cheese Quiche Lunch Swedish Meatballs, Egg Noodles, Broccoli Dinner Pepper Steak, White Rice, Oriental Vegetables | 2 Breakfast Banana, Cream of Rice, Blueberry Pancakes, Sausage Lunch Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Veggies Dinner Spaghetti w/Meatballs, Red Sauce, Spinach | 3 Breakfast Maypo, Scrambled Eggs, Toast, Bacon Lunch Chicken <br> Supreme, Mixed <br> Vegetable, Twice <br> Baked Potato <br> Dinner Stuffed <br> Peppers, Wax Beans, Mashed Potatoes | 4 Breakfast Cream of Wheat, Egg Soufflé, Coffee Cake Lunch Beef Tips w/Mushroom Gravy, Green Beans, Baked Potato Dinner Thanksgiving Casserole, Carrots | 5 Breakfast Oatmeal, French Toast, Sausage Lunch Baked Fish w/Lemon, Asparagus, Oven Browned Potatoes Dinner Italian Meatloaf with Gravy, Scalloped Potatoes, Cauliflower | 6 Breakfast Cream of Rice, Scrambled Eggs, Banana Muffin Lunch Tortellini Alfredo, Capri Vegetables, Italian Bread Dinner Creamy Mustard Chicken Thighs, Carrots, Herbed Couscous | 7 Breakfast Maypo, <br> Waffle with Berry Sauce Lunch Chicken Chasseur, Butternut Squash, Garlic Mashed Potato <br> Dinner Pepperoni Pizza <br> \& Zucchini |
| 8 Breakfast Oatmeal, <br> Western Scrambled <br> Eggs, Toast <br> Lunch Meatloaf <br> w/gravy, Mashed <br> Potatoes, Baby Carrots <br> Dinner Chicken Pot <br> Pie, Wax Beans | 9 Breakfast Cream of Wheat, Waffle, Bacon, Maple Syrup Lunch Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes Dinner Macaroni \& Cheese, Capri Vegetable | 10 Breakfast Maypo, <br> Egg \& Cheese <br> Croissant <br> Lunch Chicken <br> Cacciatore, Zucchini, <br> Spaghetti, Garlic <br> Bread <br> Dinner Roast Pork, <br> Beets, Rice | 11 Breakfast Banana, Oatmeal, Scrambled Egg, Toast Lunch Riblet with Sauce, Baby Carrots, Baked Beans Dinner Lasagna \& Broccoli | 12 Breakfast Cream of Rice, French Toast, Sausage Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash, Cranberry Sauce | 13 Breakfast Maypo, Cheesy Egg Scramble, White Toast Lunch Pork Pie, Corn Dinner Shredded Mexican Beef Hoagie \& Zucchini Queso | 14 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Piccata, Garlic Spinach \& Orzo |
| 15 Breakfast Oatmeal, Waffle, Bacon Lunch Shepherd's Pie, Mixed Vegetables, Corn Muffin Dinner Chicken Pesto, Broccoli, Brown Rice | 16 Breakfast Cream of Wheat, French Toast and Sausage Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Spinach | 17 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetables, Mashed Potato Dinner Macaroni \& Cheese, Stewed Tomatoes | 18 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Chicken Tortilla Casserole, Summer Squash | 19 Breakfast Western Haystack Eggs, Maypo, Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini | 20 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake <br> Lunch Chicken <br> Tenders, Green Beans, Garlic Mashed Potato Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable | 21 Breakfast Oatmeal, Pancake, Sausage Lunch Veal Cutlet with Gravy, Garlic Mashed Potatoes, Carrots Dinner Meatloaf with Gravy, Broccoli, Red Skin Potatoes |
| 22 Breakfast Oatmeal, French Toast \& Sausage Lunch Beef Tips, Green Beans, Mashed Potatoes Dinner Ravioli with Sauce, Asparagus | 23 Breakfast Maypo, Hard Boiled Egg, Bran Muffin <br> Lunch Mediterranean Chicken Picatta, Zucchini, Rice Pilaf Dinner Beef Stroganoff, Bow Tie Pasta, Beets | 24 Breakfast Cream of Wheat, Cheesy Egg Scramble, Hash Brown Lunch Roast Pork Loin, Carrots, Mashed Potato, Gravy Dinner Chicken Cacciatore, Fettuccini, Zucchini | 25 Breakfast Oatmeal, Blueberry Pancakes, Sausage Lunch Sloppy Joe on a bun, Corn Dinner Cranberry Glazed Turkey, Brussel Sprouts, Stuffing \& Gravy | 26 Breakfast Cream of Rice, Scrambled Egg, Danish Pastry Lunch Baked Haddock, Spinach, Sweet Potatoes, Roll Dinner Beef Stew, Beets, Dinner Roll | 27 Breakfast Oatmeal, Pancake with Berry Sauce, Toast Lunch Hot Dog in a bun, Coleslaw, Baked beans Dinner Chicken Parmesan, Orzo, Italian Blend Vegetables | 28 Breakfast Cream of Wheat, Waffles, Sausage Lunch Ham Steak, Cauliflower, Sweet Potatoes Dinner Chicken Tenders, Veg of The Day, Rice |
| 29 Breakfast Oatmeal <br> Ham and Cheese Quiche <br> Lunch Swedish <br> Meatballs, Egg <br> Noodles, Broccoli <br> Dinner Pepper Steak, <br> White Rice, Oriental <br> Vegetables | 30 Breakfast Banana, Cream of Rice, Blueberry Pancakes, Sausage Lunch Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Veggies Dinner Spaghetti w/Meatballs, Red Sauce, Spinach | 31 Breakfast Maypo, Scrambled Eggs, Toast, Bacon Lunch Chicken <br> Supreme, Mixed Vegetable, Twice Baked Potato Dinner Stuffed Peppers, Wax Beans, Mashed Potatoes |  |  |  |  |

