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

