| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  | 1 Breakfast Maypo, Waffle with Berry Sauce Lunch Chicken Chasseur, Butternut Squash, Garlic Mashed Potato Dinner Pepperoni Pizza \& Zucchini |
| 2 Breakfast Oatmeal, <br> Western Scrambled <br> Eggs, Toast <br> Lunch Meatloaf <br> w/Gravy, Mashed <br> Potatoes, Baby Carrots <br> Dinner Chicken Pot Pie <br> Wax Beans | 3 Breakfast Cream of Wheat, Pancake, Bacon, Maple Syrup Lunch Corned Beef and Cabbage Dinner Dinner Macaroni \& Cheese, Capri Vegetable | 4 Breakfast Maypo, <br> Egg \& Cheese <br> Croissant <br> Lunch Chicken <br> Cacciatore, Zucchini, <br> Garlic Bread <br> Dinner Roast Pork, Beets, Rice | 5 Breakfast Banana, Oatmeal, Scrambled Egg, Toast Lunch Riblet with Sauce, Baby Carrots, Baked Beans Dinner Lasagna \& California Blend | 6 Breakfast Cream of Rice, French Toast, Sausage Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash | 7 Breakfast Maypo, Cheesy Egg Scramble, White Toast Lunch Pork Pie, Corn Dinner Fish Nuggets, Tater Tots, Coleslaw | 8 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Piccata, Garlic Spinach \& Orzo |
| 9 Breakfast Oatmeal, Pancake, Bacon Lunch Shepherd's Pie, Corn Muffin Dinner Tuna Salad Plate, Lettuce \& Tomato, Super Slaw, | 10 Breakfast Honeydew Melon, Cream of Wheat, Hard Boiled Egg, Donut Lunch Lemon Chicken, Oven Browned Potatoes, Asparagus Dinner Haddock Mornay with Spinach | 11 Breakfast Oatmeal, Western Soufflé, Hash Brown Potatoes Lunch Hamburger or Cheeseburger, Peppers \& Onions, Bowtie Pasta Salad Dinner Sweet \& Sour Pork, Asian Vegetables, Brown Rice | 12 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce <br> Dinner Chicken Salad In A Hot Dog Roll, Watermelon Feta Salad. Potato Salad | 13 Breakfast Maypo, Ham \& Cheese Egg Croissant Lunch Baked Haddock, Rice Pilaf, Broccoli Dinner Macaroni \& Cheese, Stewed Tomatoes | 14 Breakfast Cream of Wheat, Cheesy Scramble, Toast <br> Lunch Hot Dogs, Baked Beans, Coleslaw, Brown Bread <br> Dinner Seafood Salad On A Bed Of Lettuce, Asparaqus | 15 Breakfast Oatmeal, Pancake, Sausage Lunch Braised Pot Roast, Baked Potato, Green Beans Dinner Chicken Teriyaki, Jasmine Rice, Asian Vegetables |
| 16 Breakfast Cream of Rice, Vegetable Soufflé, Hash Browns Lunch Chicken ala King, Rice Pilaf Dinner Stuffed Cabbage, Scalloped Potatoes | 17 Breakfast Maypo, Egg Scramble, English Muffin Lunch Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick Dinner Ham Salad Sandwich, Tater Tots, Watermelon | 18 Breakfast Oatmeal, Pancakes w/Strawberry Topping Lunch Beef Tips, Spinach Salad, Whole Wheat Pasta Salad Dinner Shrimp Fajita over Rice w/ Peppers \& Onions | 19 Breakfast Cream of Wheat, Scrambled Egg, Toast Lunch Meatloaf w/ Gravy, Mashed Potato, Green Beans Dinner BBQ Turkey Tips, Brown Rice, Cauliflower | 20 Breakfast Oatmeal, Fried Egg, Corned Beef Hash, Toast Lunch Baked Haddock, Rice Pilaf, California Vegetables Dinner Orange Chicken, Brown Rice, Oriental Vegetables | 21 Breakfast Cream of Rice, Pepper \& Onion Scramble, Croissant Lunch Macaroni \& Cheese, Stewed Tomatoes Dinner Garlic Ginger Pork, Green Beans, Lo Mein | 22 Breakfast Maypo, Pumpkin Pancakes, Sausage Lunch Greek Chicken w/Lemon, Oregano \& Black Olives, Barley Pilaf, Green Beans w/Red Peppers <br> Dinner Pasta with Meat Sauce, Garlic Bread, Zucchini |
| 23 Breakfast Oatmeal, Cheesy Scramble, Toast Lunch Jerk Chicken, Roasted Brussel Sprouts, Mashed Potatoes Dinner Pepperoni Pizza, Honeydew Cucumber Salad | 24 Breakfast Mandarin Orange, Cream of Wheat, Hay Stack Eggs Lunch Shepherd's Pie, Zucchini <br> Dinner Chicken Fingers, Tater Tots, New Brunswick Vegetables | 25 Breakfast Maypo, <br> Pancakes \& Syrup, Bacon <br> Lunch Italian Sausage, <br> Couscous Salad, Watermelon <br> Dinner Cheese Ravioli w/Tomato Sauce, Roasted Eggplant | 26 Breakfast Banana, <br> Oatmeal, Vegetable Quiche <br> Lunch Creole Meatballs <br> Rice Pilaf, Green Beans <br> Dinner Chicken Parmesan <br> Sandwich, Sweet Potato <br> Tots | 27 Breakfast Cream of Rice, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Asparagus, Baked Potato Dinner Pizza, Cucumber Salad | 28 Breakfast Watermelon, <br> Cream of <br> Wheat, Egg and Cheese <br> Croissant <br> Lunch Turkey Vegetable Casserole, Baked Sweet Potato Dinner Egg Salad Sandwich, Lettuce \& Tomato, Cous Cous Salad | 29 Breakfast Oatmeal, Egg \& Vegetable Soufflé, Toast Lunch Roast Pork w/ Apple Sauce, Red Skin Potatoes, Carrots, Applesauce Dinner Chicken Tenders, Tater Tots, Marinated Vegetables |
| 30 Breakfast Maypo, Banana <br> Pancakes, Bacon <br> Lunch Chicken Marsala, <br> Oven Browned Potatoes, <br> Green Beans <br> Dinner Pasta Alfredo <br> w/Cheese, Italian Blend <br> Vegetables, Garlic Bread | 31 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 |  |  |  |  |  |

