

# Spring / Summer 2009 Menu

Weekly Meal Planner - Week 1			
	Breakfast	Lunch	Dinner
Monday	Juice Oatmeal and Assorted Cold Cereals Fruit Cocktail Toast	Chicken Goulash & Noodles Assorted Alternate: Homemade Tuna Burgers & Rice & Vegetables	Homemade Soup Assorted Mini Quiche & Salad Pears Alternate: Deli Salad Plate
Tuesday	Juice Cream of Wheat and Assorted Cold Cereals Cheese Toast	Kielbasa Fried Mousse Alternate: Texas Chicken Burger wwith Salad and Salsa	Homemade Soup Cottage Cheese Plate with Fruit Pudding Alternate: Ham Salad Sandwich & Salad
Wednesday	Juice Oatmeal and Assorted Cold Cereals Bacon Toast	Mini Bугers / Salad Fresh Fruit Alternate: Chicken Cutlet, Vegetables & Rice	Homemade Soup Pizza & Salad Cheesecake Alternate: BBQ Hot Dog & Salad
Thursday	Juice Oatmeal and Assorted Cold Cereals Muffins Toast	Lasagna Pears Alternate: Battered Cod & Potato & Vegetable	Homemade Soup Spinach Salad Plate & Egg Tarts Alternate: Turkey & Cheese Sandwich & Salad
Friday	Juice Cream of Wheat and Assorted Cold Cereals Poached Eggs Toast	Chicken Parmesan breast, Potato, Vegetable Peaches Alternate: Liver & Onions, Potato & Vegetables	Homemade Soup Spanish Omelet & Bread Cookies Alternate: Tomato Sandwich & Salad
Saturday	Juice Cream of Wheat and Assorted Cold Cereals Pancakes Toast	Sausage, Sauerkraut, Potato & Vegetable Apricots Alternate: Beef Stir-Fry & Rice & Vegetable	Homemade Soup Cheddar Cheese Plate with Deli Meat & Breat Squares Alternate: Chicken Burger
Sunday	Juice Oatmeal and Assorted Cold Cereals Ham & Eggs Toast	Pork Roast Pies Alternate: Sweet and Sour Meatballs. Potato & Vegetables	Homemade Soup Fruit Salad Plate & Lettuce Ice Cream Cup Alternate: Fried Egg Sandwich

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## Weekly Meal Planner - Week 2

	Breakfast	Lunch	Dinner
Monday	Juice Cream of Wheat and Assorted Cold Cereals Boiled Eggs Toast	Chicken Divan, Rice & Vegetables Squares Alternate: Spaghetti/Meat sauce	Homemade Soup Egg McMuffin with Bacon and Cheese Cookies Alternate: Roast Beef Sandwich & Salad
Tuesday	Juice Oatmeal and Assorted Cold Cereals Cheese Toast	Liver in a Gravy Sauce, Potato & Vegetables Mousse Alternate: BBQ Pork on a Bun, Vegetables	Homemade Soup Waldorf Salad Plate & Tomato Sandwich Squares Alternate: Ham Sandwich and Salad
Wednesday	Juice Cream of Wheat and Assorted Cold Cereals Fruit Cocktail Toast	BBQ Chicken Thighs, Potatoes, Vegetables Berries & Cream Alternate: Vegetable Quiche & Salad	Homemade Soup California Salad Plate Cake Alternate: BBQ Sausages on a Bun & Salad
Thursday	Juice Oatmeal and Assorted Cold Cereals Muffins Toast	Rib O Pork. Potatoes, Vegetables Ice Cream Alternate: Chili and Toast	Homemade Soup Ham & Cheese Omelet & Bread Pudding Alternate: Chicken Salad Sandwich & salad
Friday	Juice Cream of Wheat and Assorted Cold Cereals Sausage Toast	Ham & Potatoe Casserole Fruit Alternate: Alfredo Noodles with Chicken Balls	Homemade Soup Caesar Salad Plate Melon Strips Alternate: Salmon Salad Sandwich & Salad
Saturday	Juice Oatmeal and Assorted Cold Cereals Warm Scones Toast	Salsibury Steak, Potato, Vegetables Potatoes Assorted Alternate: Salmon Loaf, Potato and Vegetables	Homemade Soup Sausage Rolls & Salad Ice Cream Alternate: Ham & Cheese Sandwich & Salad
Sunday	Juice Cream of Wheat and Assorted Cold Cereals Bacon & Eggs Toast	Roast Chicken, Potatoe, Vegetables Peaches Alternate: Veal with Cheddar Cheese & Potatoe & Vegetables	Homemade Soup Fish Burger & Salad Mousse Alternate: Reuben Sandwich & Salad

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## Weekly Meal Planner - Week 3

	Breakfast	Lunch	Dinner
Monday	Juice Oatmeal and Assorted Cold Cereals Sausage Toast	Swiss Beef Yogurt Alternate: Turkey Schnitzel, Baked Potatoe, Vegetables	Homemade Soup Perogies, Bacon, Onion & Salad Ice Cream Alternate: Egg Salad Sandwich
Tuesday	Juice Cream of Wheat and Assorted Cold Cereals Fried Egg Toast	Mexicana Salad Plate with Ground Beef & Fresh Vegetables Applesauce Alternate: Salsa Veal	Homemade Soup Waffles & Fruit Squares Alternate: Roast Beef Sandwich & Salad
Wednesday	Juice Oatmeal and Assorted Cold Cereals Fruit Cocktail Toast	Spinach & Cheese Quiche Pears Alternate: Guinness Beef, Noodles & Vegetables	Homemade Soup Hot Dog and Salad Cake Alternate: Turkey Sandwich & Salad
Thursday	Juice Cream of Wheat and Assorted Cold Cereals Muffins Toast	Chicken Winos Mandarin Oranges Alternate: Battered Cod, Potatoe & Vegetables	Homemade Soup Grilled Cheese & Salad Plate Jell-O and cream Alternate: Chicken Salad Sandwich & Salad
Friday	Juice Oatmeal and Assorted Cold Cereals Scones Toast	Meat Balls in Gravy with Rice Fresh Fruit Alternate: Portuguese Pork with Rice & Vegetables	Homemade Soup Cottage Cheese Plate Pudding Alternate: Mixed Meat Sandwich & Salad
Saturday	Juice Cream of Wheat and Assorted Cold Cereals Cheddar Cheese Toast	Glazed Baked Ham, Mashed Potato & Vegetables Mousse Alternate: Chicken Pot Pie	Homemade Soup Jellied Salad Plate Squares Alternate: Toasted Tomato Sandwich & Salad
Sunday	Juice Oatmeal and Assorted Cold Cereals Eggs & Sausage Toast	Sausage, Mashed Potatoe, Vegetables, Sauerkraut Pies Alternate: Chicken Stuffing Casserole with Gravy	Homemade Soup Chef Salad Plate Cookies Alternate: Tuna Salad Sandwich & Salad

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Weekly Meal Planner - Week 4			
	Breakfast	Lunch	Dinner
Monday	Juice Cream of Wheat and Assorted Cold Cereals Scrambles Eggs Toast	Fish Fingers & Fries Fruit Yogurt  Alternate: Mac 'n Cheese & tomatoes	Homemade Soup Cheese & Ham Omelet with Salad  Ice Cream  Alternate: Ham & Tomato Sandwich & Salad
Tuesday	Juice Oatmeal and Assorted Cold Cereals Sausage Toast	Cabbage Rolls, Potato, Vegetable Pudding  Alternate: Four Cheese Omelete	Homemade Soup Spinach Salad with bread squares  Alternate: Turkey Sandwich & Salad
Wednesday	Juice Cream of Wheat and Assorted Cold Cereals Fried Eggs Toast	Cheese Burger on a Bun Cauliflower Fruit  Alternate: Liver & Onions with Potatos & vegetables	Homemade Soup Hot Dog & Salad  Cake  Alternate: Cottage Cheese Plate & Fruit
Thursday	Juice Oatmeal and Assorted Cold Cereals Muffins Toast	Turkey Sausage & Potatoes & Vegetables and Sour Cream Oranges & Cream  Alternate: Battered Fish, Potatoe O'Brien & Vegetables	Homemade Soup Egg Salad Sandwich & Salad  Jell-O & Fruit  Alternate: Greek Salad Plate
Friday	Juice Cream of Wheat and Assorted Cold Cereals French Toast Toast	Philly Steak Sandwich, Vegetables & Fries and Vegetables Fruit  Alternate: Pasta Alfredo & Salad	Homemade Soup Toasted Tomatoe & Bacon  Cheesecake  Alternate: Mini Subs with Salad
Saturday	Juice Oatmeal and Assorted Cold Cereals Fruit Cocktail Toast	Charlies Pizza & Caesar Salad Bread Pudding  Alternate: Chicken Stir-Fry & Rice & Vegetables	Homemade Soup Hamburger Squares  Alternate: Salmon Salad Sandwich & Pickles
Sunday	Juice Cream of Wheat and Assorted Cold Cereals Bacon & 5 Cheese Omelet Toast	Filet Mignon Pie  Alternate: Shepard's Pie & Vegetables	Homemade Soup Cheddar Cheese Plate & Salad Ice Cream Cups  Alternate: Toasted Tomato Sandwch & Salad