

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**BREAKFAST** 1  
Assorted Hot/Cold Cereal, Blueberry Waffles w/ Warm Syrup, Cottage Cheese w/ Drunken Strawberries

**LUNCH**  
Baked Lemon Butter Fillet Tilapia, White Rice, Garlic Green Beans, Vanilla Ice Cream

**DINNER**  
Pulled Teriyaki Chicken BBQ, Macaroni Salad, Carrot Cake w/ Raisins

**BREAKFAST** 2  
Assorted Hot/Cold Cereal, Chocolate Chip Pancake with Maple Syrup, Crispy Bacon, Eggs, Sliced Bananas

**LUNCH**  
Slow Cooker Beef Ragu, Garlic Bread, Roasted Broccoli w/ Hint of Sesame Oil, Chocolate Ice cream

**DINNER**  
Spaghetti A La Carbonara, Chicken Waldorf Salad, Lemon Pudding

**BREAKFAST** 3  
Assorted Hot/Cold Cereal, Easy Banana Muffins, Pork Link Sausage, Strawberry Yogurt

**LUNCH**  
Roasted Veggie Grain Bowl, Garlic Butter Pork Bites, Peanut Butter Banana Pudding

**DINNER**  
Roasted Butternut Squash Salad, Grilled Ham & Cheese Sandwich, Creamsicle Cheesecake

**BREAKFAST** 4  
Assorted Hot/Cold Cereal, Corned Beef Hash, Crispy Bacon, Toast/Jelly, Steamed Prunes

**LUNCH**  
Garlic Mushroom Chicken Thighs, Crispy Garlic Potato Wedges, Strawberry Ice Cream

**DINNER**  
Beef Cabbage Soup, Egg Salad, Sandwich w/ Avocado & Watercress, Chocolate Cake

**BREAKFAST** 5  
Assorted Hot/Cold Cereal, Meatlovers Skillet, Pork Link Sausage, Cottage Cheese w/ Banana Slices

**LUNCH**  
Chinese Chicken Mandarin Salad, Grilled Chicken Cutlets, Strawberry Shortcake

**DINNER**  
Maple Roasted Squash Salad, Pineapple Baked Ham, Zucchini Cake

**BREAKFAST** 6  
Assorted Hot/Cold Cereal, Chocolate Porridge, Crispy Bacon, Pear Slices

**LUNCH**  
Tuna Noodle Casserole, Roasted Carrots and Green Beans, Pistachio Ice Cream

**DINNER**  
Creamy Corn and Pea Pasta Salad, Loaded Mexican Egg & Cheese Melt, Monkey

**BREAKFAST** 7  
Assorted Hot/Cold Cereal, Apple Cinnamon Oatmeal, Scrambled Eggs, Warm Peach Slices

**LUNCH**  
Baked Chicken in Coconut Milk, Brown Rice, Steamed Green Peas & Carrots, Vanilla Ice Cream

**DINNER**  
Sausage and Fennel Stuffing, Asian Quinoa Sala, Chocolate Chip Cookies

**BREAKFAST** 8  
Assorted Hot/Cold Cereal, Cinnamon and Walnut Porridge, Crispy Bacon, Banana Chocolate Chip Muffin

**LUNCH**  
Steak Fajitas One Pan, Cauliflower Rice, Snickerdoodle Pizookie w/ Vanilla Ice Cream on top

**DINNER**  
Creamy Taco Soup, Mexican Torta, Leche Flan

**BREAKFAST** 9  
Assorted Hot/Cold Cereal, Egg and Potato Breakfast Casserole, Pork Link Sausage, Cottage Cheese w/ Prunes

**LUNCH**  
Chicken Broccoli Rice Casserole, Grilled Asparagus & Carrots, Peaches & Cream Mexican Jell-O

**DINNER**  
Stuffed Pepper Soup, Pastrami Sandwich, Zucchini Fries, Pound Cake

**BREAKFAST** 10  
Assorted Hot/Cold Cereal, Scrambled Eggs w/ Spinach, Tomatoes, Bacon, Banana Slices

**LUNCH**  
Blackened Tilapia, Vegetable Curry Soup, Peach Arugula Salad, Fruit Salad

**DINNER**  
Creamy Lemon Chicken Piccata, Cilantro Rice, Sauteed Green Beans and Red Onions, Banana Bread

**BREAKFAST** 11  
Assorted Hot/Cold Cereal, Blueberry Pancakes, Sunny Side Eggs, Crispy Bacon, Cubed Melons

**LUNCH**  
Eggplant Parm, California Grilled Chicken, Greek Salad, Chocolate Ice Cream

**DINNER**  
Shrimp Alredo, Crab Cakes, Tapioca Pudding

**BREAKFAST** 12  
Assorted Hot/Cold Cereal, Cream Brulee French Toast with Drunken Strawberries, Eggs, Bacon

**LUNCH**  
Smoked Chicken & Fig Salad, Quinoa & Spinach Soup, Oyster Crackers, Lemon Pudding

**DINNER**  
Cajun Sausage & Rice Skillet, Classic Coleslaw, Chocolate Bread and Butter Pudding

**BREAKFAST** 13  
Assorted Hot/Cold Cereal, Brownie Batter Pancakes, Chocolate Pudding w/ Whipped Cream, Grapes

**LUNCH**  
Chicken Alfredo Minocotti, Cobb Salad, Vanilla Ice Cream

**DINNER**  
Low Country Shrimp Chowder, Grilled Potato Sandwich, Baked Ricotta Cake

**BREAKFAST** 14  
Assorted Hot/Cold Cereal, Blueberry Waffles w/ Drunken Strawberries and Whipped Cream, Crispy Bacon, Eggs

**LUNCH**  
BB Chicken w/ Grilled Green Beans, Miracle Whip Macaroni Salad, Red-White-Blue Mexican Jell-O

**DINNER**  
Pulled Pork Sliders, Potato Salad, Blueberry Yogurt

Flag Day

**BREAKFAST** 15  
Assorted Hot/Cold Cereal, Cheesy-Flaky Breakfast Cups, Melon Cubes

**LUNCH**  
Garlic Lemon Herb Mediterranean, Chicken w/ Potatoes, Steamed Cilantro Rice, Strawberry Yogurt w/ Mango Slices

**DINNER**  
Italian Meatball Soup, Reuben Sandwich, Lemon Bars

**BREAKFAST** 16  
Assorted Hot/Cold Cereal, Huevos Rancheros, Sausage Patty, Blueberry Yogurt

**LUNCH**  
Chicken Enchiladas, Mexican Rice, Choco-Flan

**DINNER**  
Creamy Taco Soup, Mexican Torta, Leche Flan

**BREAKFAST** 17  
Assorted Hot/Cold Cereal, Sweet Potato Carnitas Hash, Cottage Cheese w/ Strawberry

**LUNCH**  
Cheeseburger Pasta, Curry Chickpea Salad, Pumpkin Pie w/ Whipped Cream

**DINNER**  
Mini Garden Turkey Loaves, Garlic Mashed Potatoes, Apple Cinnamon Bread Pudding

**BREAKFAST** 18  
Assorted Hot/Cold Cereal, Peach & Brown Sugar Oatmeal, Scrambled Eggs, Sliced Pears

**LUNCH**  
Baked Tilapia & Snap Pea Pasta, Roasted Green Tomato & Basil Soup in Sourdough, Apple Pie a La Mode

**DINNER**  
Chopped Asparagus Salad, Chicken Dumplings, Banana & Blueberry Bread

**BREAKFAST** 19  
Assorted Hot/Cold Cereal, Sausage & Mushroom Breakfast Strata, Bananas

**LUNCH**  
Muffletta Tortellini Salad, Potato Scallops, Brown Sugar Skirt Steak, Italian Pineapple Trifle

**DINNER**  
Grilled Potato Salad w/ Bacon, Vinaigrette, Swiss & Mushroom BBQ, Burger, Berry Pistachio Pie

Father's Day

**BREAKFAST** 20  
Assorted Hot/Cold Cereal, Egg in a Blanket, Corned Beef Hash, Bacon, Toast/Jelly, Sliced Bananas

**LUNCH**  
Bacon Wrapped Meatloaf, Split Pea Soup, Potato Hash, Vanilla Mousse

**DINNER**  
Lemon Herb Chicken Thighs, Scallop Potatoes, Garlic Green Beans, Cherry Tart

**BREAKFAST** 21  
Assorted Hot/Cold Cereal, Veggie Breakfast Tacos, Crispy Bacon, Cottage Cheese w/ Stewed Prunes

**LUNCH**  
Chicken Quesadilla w/ Creamy Cilantro Sauce, Chopped Mexican Salad w/ Cilantro & Lime Dressing, Fruit Cocktail

**DINNER**  
Creamy Mushroom Chicken Pasta, Honey Garlic Butter Roasted Carrots, Chocolate Pudding

**BREAKFAST** 22  
Assorted Hot/Cold Cereal, Easy Breakfast Skillet, Cottage Cheese w/ Strawberry Slices, Toast/Jelly

**LUNCH**  
Turkey Lasagna, Garlic Bread, Garden Salad, Lemon Pudding

**DINNER**  
French Onion Soup, Homemade Garlic Bread, Banana Cake w/ Cream Cheese

**BREAKFAST** 23  
Assorted Hot/Cold Cereal, Potato & Spring Onion Breakfast, Pancakes, Scrambled Eggs w/ Bacon

**LUNCH**  
New York Hotdog w/ Caramelized Onions, Bacon Wrapped Asparagus, Potato Chips, Pistachio Ice Cream

**DINNER**  
Sun Dried Tomato Cheesy Meatballs, Roasted Vegetables, Couscous Salad, Pear Slices

**BREAKFAST** 24  
Assorted Hot/Cold Cereal, Cranberry-Apple Oatmeal, Sausage, Scrambled Eggs, Stewed Prunes

**LUNCH**  
Crispy Battered Tilapia, Homemade Baked French Fries, Fish Chowder Soup, Chocolate Ice Cream

**DINNER**  
Creamy Gnocchi, Sausage Kale Soup, French Dinner Roll, Strawberry Jell-O w/ Whipped Cream

**BREAKFAST** 25  
Assorted Hot/Cold Cereal, Cheese & Sausage Omelet, Crispy Bacon, Cottage Cheese w/ Sliced Peaches

**LUNCH**  
Spaghetti A La Carbonara, Chicken Waldorf Salad, Pumpkin Pie

**DINNER**  
Zuppa Toscana, Challah Bread, Caesar Salad w/ Meatballs, Strawberry Quinoa Parfait

**BREAKFAST** 26  
Assorted Hot/Cold Cereal, Baked Eggs in Hash Browns, Cottage Cheese w/ Blueberries

**LUNCH**  
One Pan Fajita Chicken, Creamy Avocado & Egg Sandwich, Vanilla Ice Cream

**DINNER**  
Garlic Parmesan Zoodles, Pesto Grilled Cheese, Tapioca Pudding

**BREAKFAST** 27  
Assorted Hot/Cold Cereal, Turkish Breakfast Eggs, Pork Link Sausage, Strawberry Yogurt w/ Banana Slices

**LUNCH**  
Baked Penne w/ Roasted Vegetables, Cookies & Cream Ice Cream

**DINNER**  
Broccoli Mac & Cheese, Garden Salad, Strawberry-Coffee Cake

**BREAKFAST** 28  
Assorted Hot/Cold Cereal, Coffee Cake, Scrambled Eggs, Crispy Bacon, Grapes

**LUNCH**  
Pineapple Ham, Garlic Mashed Potatoes, Vegetable Medley, Apple Pie A La Mode

**DINNER**  
Chorizo Sweet Potato Skillet, Vegan Soba Noodle Salad, Apple Pie

**BREAKFAST** 29  
Assorted Hot/Cold Cereal, Classic Omelet, Crispy Bacon, Cottage Cheese w/ Stewed Prunes

**LUNCH**  
Classis Pot Roast, Mexican Black Bean Salad, Pumpkin Pie w/ Whipped Cream

**DINNER**  
Creamy Tomato Tortellini Soup w/ Spinach, Grilled Ham & Cheese Sandwich, Apple and Blackberry Charlotte

**BREAKFAST** 30  
Assorted Hot/Cold Cereal, Sausage & Egg Scrambled, Crispy Bacon, Brown Sugar Oatmeal, Blueberry Yogurt

**LUNCH**  
Chicken Cutlet Egg Noodles, Grilled Carrots and Asparagus, Fruit Cocktail

**DINNER**  
Corn Chowder, Vegetarian Quesadilla, Rice Pudding

