

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> <u>BREAKFAST</u> Hot and Cold Cereals/Scrambled Eggs, Sausage, Toast <u>LUNCH</u> Pork Chop Dijon Mashed Yams, Sautéed Vegetables <u>DINNER</u> Chicken Cheese Soup, Dinner Roll Jello	<b>2</b> <u>BREAKFAST</u> Hot & Cold Cereals/Texas French Toast, Bacon <u>LUNCH</u> Lemon Pepper Chicken, Mashed Potato/Gravy Honey Glazed Carrots <u>DINNER</u> Ham & Cheese Sandwich Hawaiian Coleslaw	<b>3</b> <u>BREAKFAST</u> Hot & Cold Cereal, Texas French Toast, Bacon <u>LUNCH</u> Lemon Chicken Pepper, Mashed Potato with Gravy, Honey Glazed Carrots <u>DINNER</u> Ham Sandwich, Coleslaw Sliced Peaches	<b>4</b> <u>BREAKFAST</u> Hot & Cold Cereal, Pancake, Sausage <u>LUNCH</u> Seasoned Baked Fish, Sour cream Potato, Spinach/Vegetable <u>DINNER</u> Pepperoni Pizza, Green Salad Ice Cream	<b>5</b> <u>BREAKFAST</u> Hot & Cold Cereal, Hot Chocolate, Fried Egg and Bacon with Toast <u>LUNCH</u> Beef Stroganoff, Spring Salad, Garlic Bread <u>DINNER</u> Skillet Pork Chops, Sautéed vegetable	<b>6</b> <u>BREAKFAST</u> Hot & Cold Cereal, Scrambled Eggs Toast, Cottage Cheese <u>LUNCH</u> Italian Spaghetti, Tossed Salad with dressing <u>DINNER</u> Tomato Soup, Crackers	
<b>7</b> <u>BREAKFAST</u> Hot & Cold Cereal, Hash Browns, Sunny Side Up Eggs <u>LUNCH</u> Grilled Honey Mustard Chicken, Mixed Vegetables <u>DINNER</u> Baked Rigatoni, Garlic Bread, Chef Salad, Lemon Pudding Daylight Saving Time Ends	<b>8</b> <u>BREAKFAST</u> Hot & Cold Cereal, Eggs, Corned Beef Hash, Toast <u>LUNCH</u> Scalloped Potato with Ham Vegetable Medley <u>DINNER</u> Seafood Salad Dinner Saltine crackers	<b>9</b> <u>BREAKFAST</u> Hot & Cold Cereal, Hash Browns Scrambled Eggs <u>LUNCH</u> County Ranch Chicken, Roasted potato, Fresh coleslaw, Pear Slices <u>DINNER</u> Taco Casserole, Carrot Salad	<b>10</b> <u>BREAKFAST</u> Hot & Cold Cereal, Cheesy Hash brown egg bites <u>LUNCH</u> Roasted Garlic Pork Loin, Sautéed Vegetable <u>DINNER</u> Baked Beans with Shredded Pork Corn bread	<b>11</b> <u>BREAKFAST</u> Hot & Cold Cereals, Chinese Egg Custard Tarts <u>LUNCH</u> Southwest Beef Stew, Biscuits <u>DINNER</u> Chicken Sandwich, French Fries  Veterans Day	<b>12</b> <u>BREAKFAST</u> Hot & Cold Cereal, Manly Cheeseburger Quiche <u>LUNCH</u> Breaded Pork Chop, Roasted Potato, Vegetable Medley <u>DINNER</u> <i>Mac &amp; Cheese, Green Peas</i>	<b>13</b> <u>BREAKFAST</u> Hot & Cold Cereal, Ooh La La Quesadilla <u>LUNCH</u> Braised beef over Egg Noodles, French roll <u>DINNER</u> Turkey Sandwich, Potato Salad	
<b>14</b> <u>BREAKFAST</u> Hot & Cold Cereal, Potato Chorizo and Egg Tortas <u>LUNCH</u> Sweet & Sour Chicken, Steamed Rice, Vegetable Stir Fry <u>DINNER</u> Grilled Ham & Cheese, Potato Rounds	<b>15</b> <u>BREAKFAST</u> Hot & Cold Cereal, Savory French Toast <u>LUNCH</u> Chicken Breast with wine Sauce and Buttered Mushroom, Curried Rice, Garlic Mushroom <u>DINNER</u> Baked Ziti, Caesar Salad	<b>16</b> <u>BREAKFAST</u> Hot & Cold Cereal, Biscuits & Gravy Sausage <u>LUNCH</u> Salisbury Steak with Gravy, Vegetable Blend <u>DINNER</u> Cheese Quesadilla, Refried Beans, Sour Cream	<b>17</b> <u>BREAKFAST</u> Hot & Cold Cereals, French Toast, Bacon <u>LUNCH</u> Beef Tips with mushroom gravy buttered egg noodles Normandy Vegetable <u>DINNER</u> Ham Cheese Sandwich, Fries	<b>18</b> <u>BREAKFAST</u> Hot & Cold Cereal, Bacon & egg fried rice <u>LUNCH</u> Beef & Vegetable Sauce, White Rice <u>DINNER</u> Chicken Taco Soup, Garlic Bread	<b>19</b> <u>BREAKFAST</u> Hot & Cold Cereal, Smokey Tater Hash <u>LUNCH</u> Stuffed Peppers, Fresh Coleslaw <u>DINNER</u> Corn Chowder, Grilled Cheese	<b>20</b> <u>BREAKFAST</u> Hot & Cold Cereal, Cheese & Herb Quiche <u>LUNCH</u> Smoked Chicken & Fig Salad, Carrot. Quinoa & Spinach Soup, Saltine Crackers, Lemon Pudding <u>DINNER</u> Creamy Tomato Tortellini Soup w/ Spinach, Cheese Grilled Sandwich, Apple and Blackberry Charlotte	
<b>21</b> <u>BREAKFAST</u> Hot & Cold Cereal, Veggie Breakfast Tacos, Crispy Bacon, Banana Slices <u>LUNCH</u> Chicken Quesadilla w/ Creamy Cilantro Sauce, Chopped Mexican Salad w/ Cilantro & Lime Dressing, Double Chocolate Chip Muffin <u>DINNER</u> Creamy Corn & Pea Pasta Salad, Loaded Mexican Egg & Cheese Melt, Vanilla Pudding	<b>22</b> <u>BREAKFAST</u> Hot & Cold Cereal, Potato & Spring Onion Breakfast, Pancakes, Scrambled Eggs w/ Bacon <u>LUNCH</u> Garlic Herb Chicken & Sweet Potato, Curried Cauliflow, Blueberry & Zucchini Cake <u>DINNER</u> Simple Bolognese, Tomato & Cucumber Salad, Lemon Pudding	<b>23</b> <u>BREAKFAST</u> Hot & Cold Cereal, Easy Banana Muffins, Sausages, Stewed Prunes <u>LUNCH</u> Beef Shepherd's Pie, Dairy-Free Creamed Com, Strawberry Cream Cheese Cobbler <u>DINNER</u> Maple Roasted Squash Salad, Baked Ham & Cheese Sandwich, Strawberry Coffee Cake	<b>24</b> <u>BREAKFAST</u> Hot & Cold Cereal, Gordon's Eggs Benedict, Crispy Bacon, Cottage Cheese <u>LUNCH</u> Spaghetti A la Carbonara, Chicken Waldorf Salad, Pumpkin Pie <u>DINNER</u> Garlic Mushroom, Chicken Thighs, Crispy Garlic Baked, Potato Wedges, Peach Muffins	<b>25</b> <u>BREAKFAST</u> Hot & Cold Cereal, Easy Egg Muffins, Sausages, Yogurt w/ Banana Slices  <u>LUNCH</u> <i>Thanksgiving Feast</i>  <u>DINNER</u> Italian Meatball Soup, Reuben Sandwich, Vanilla Pudding Thanksgiving Day	<b>26</b> <u>BREAKFAST</u> Hot & Cold Cereal, Blueberry Pancakes Scrambled Eggs, Stewed Prunes <u>LUNCH</u> Ground Beef & Cheese Pasta, Avocado Tuna Salad, Pear & Blackberry' Crumble <u>DINNER</u> Beef Stew, Saltine Crackers, Skinny Baked Cauliflower Tots, Cinnamon- Stewed Apple	<b>27</b> <u>BREAKFAST</u> Hot & Cold Cereal, Brioche Breakfast Bake w/ Crispy Bacon, Grapes <u>LUNCH</u> One Pan Fajita Chicken, Creamy Avocado Egg Salad, Pumpkin Cheesecake Bars <u>DINNER</u> Garlic Parmesan Zoodles, Pesto Grilled Cheese, Tapioca Pudding	
<b>28</b> <u>BREAKFAST</u> Hot & Cold Cereal, Pear and Blueberry Oatmeal, Scrambled Eggs, Crispy Bacon <u>LUNCH</u> Mexican Rice, Casserole, Grilled Chicken Parmesan, ice Cream <u>DINNER</u> Slow Cooker Potato Soup, Tuna Melt Sandwich, Chocolate Mousse Hanukkah Begins	<b>29</b> <u>BREAKFAST</u> Hot & Cold Cereal, Blueberry Pancake w/ Syrup, Pork Link Sausage, Melon <u>LUNCH</u> New York Hot Dog, Seasoned Fries, Caramelized Onions, Potato Chips, Vanilla Pudding <u>DINNER</u> Gousse D'Ail, Cheese Broccoli Soup, Caesar Salad, Mexican Jell-O	<b>30</b> <u>BREAKFAST</u> Hot & Cold Cereal, Scrambled Eggs, Hash Browns, Hot Buttered Toast, Sliced Peaches <u>LUNCH</u> Pork Roast, Teriyaki, Hawaiian Fried Rice, Seasoned Pea Pods <u>DINNER</u> Butternut Squash, Soup, Grilled Cheese Sandwich, Creamsickle Cheesecake					
							