

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>BREAKFAST</u> <b>1</b> 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 Strawberry Jell-O	<u>BREAKFAST</u> <b>2</b> Hot & Cold Cereal, Chorizo w/ eggs, Toast, Steamed Prunes <u>LUNCH</u> Braised Beef over Egg noodles, Chocolate Mouse <u>DINNER</u> Sweet Potato Dulli, Vegetarian, Quesadilla, Cinnamon- Stewed Apple	<u>BREAKFAST</u> <b>3</b> Hot & Cold Cereal, Texas French Toast, Bacon, Eggs, Sausage <u>LUNCH</u> Lemon Chicken Pepper, Mashed Potato with Gravy, Honey Glazed Carrots <u>DINNER</u> Ham Sandwich, Coleslaw Sliced Peaches	<u>BREAKFAST</u> <b>4</b> Hot & Cold Cereal, Blueberry Pancakes, Eggs, Yogurt <u>LUNCH</u> Seasoned Baked Fish, Sour cream Potato, Spinach/Vegetable <u>DINNER</u> Pepperoni Pizza Green Salad Vanilla Ice Cream	<u>BREAKFAST</u> <b>5</b> 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 Vegetables Tapioca Pudding
		<u>BREAKFAST</u> <b>6</b> Hot & Cold Cereal Scrambled Eggs Toast Cottage Cheese w/ Fruits <u>LUNCH</u> Italian Spaghetti, Tossed Salad with dressing <u>DINNER</u> Tomato Soup, Crackers Lemon Pudding	<u>BREAKFAST</u> <b>7</b> 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 Pumpkin Pie w/ Whipped Cream	<u>BREAKFAST</u> <b>8</b> Hot & Cold Cereal, Hash Browns Scrambled Eggs, Bacon <u>LUNCH</u> County Ranch Chicken, Roasted Potato, Fresh Coleslaw Pear Slices <u>DINNER</u> Taco Casserole, Carrot Salad Chocolate Pudding	<u>BREAKFAST</u> <b>9</b> Hot & Cold Cereal, Cheesy Hash Brown, Egg Bites, Steamed Prunes <u>LUNCH</u> Roasted Garlic Pork Loin, Sautéed Vegetable Brownies <u>DINNER</u> Baked Beans with Shredded Pork Corn bread, Cherry Pie	<u>BREAKFAST</u> <b>10</b> Hot & Cold Cereal, Corned Beef Hash, Eggs, Toast, Yogurt <u>LUNCH</u> Salisbury Steak w/ Gravy, Baked Potato/ Vegetable Blend Fruit Cocktail <u>DINNER</u> Cheese Quesadilla, Refried Beans, Home-made Salsa, Vanilla Pudding
<u>BREAKFAST</u> <b>13</b> Hot & Cold Cereal, Potato Chorizo and Egg Tortas <u>LUNCH</u> Sweet & Sour Chicken, Steamed Rice, Vegetable Stir Fry Peach Muffins <u>DINNER</u> Grilled Ham & Cheese, Potato Rounds, Tapioca Pudding	<u>BREAKFAST</u> <b>14</b> Hot & Cold Cereal, Savory French Toast, Strawberry Yogurt <u>LUNCH</u> Chicken Breast with wine Sauce and Buttered Mushroom, Curried Rice, Garlic Mushroom Vanilla Pudding <u>DINNER</u> Baked Ziti, Caesar Salad, Apple Pie	<u>BREAKFAST</u> <b>15</b> Hot & Cold Cereal, Biscuits & Gravy Sausage, Eggs Bacon, Cottage Cheese w/ Fruits <u>LUNCH</u> Salisbury Steak with Gravy, Vegetable Blend, Lemon Pudding <u>DINNER</u> Cheese Quesadilla, Refried Beans, Sour Cream	<u>BREAKFAST</u> <b>16</b> Hot & Cold Cereals, French Toast, Bacon, Eggs, Steamed Prunes <u>LUNCH</u> Beef Tips with Mushroom Gravy, Buttered Egg Noodles, Normandy Vegetable, Coffee Cake <u>DINNER</u> Ham & Cheese Sandwich, Sweet Potato Fries, Chocolate Muffin	<u>BREAKFAST</u> <b>17</b> Hot & Cold Cereal, Bacon & Egg Blueberry Waffles, Banana Yogurt <u>LUNCH</u> Meat & Vegetable Lasagna, Pumpkin Pie w/ Whipped Cream <u>DINNER</u> Chicken Taco Soup Garlic Bread Flan	<u>BREAKFAST</u> <b>18</b> Hot & Cold Cereal, Potato Chorizo and Egg Tortas, Cottage Cheese <u>LUNCH</u> Pineapple Ham, Scalloped Potatoes, Vegetable Medley Vanilla Pudding <u>DINNER</u> Grilled Ham & Cheese, Potato Rounds, Sliced pears	<u>BREAKFAST</u> <b>19</b> Hot & Cold Cereal, Cheese & Herb Quiche, Eggs, Bacon, Sausage <u>LUNCH</u> Smoked Chicken & Fig Salad Quinoa & Spinach Soup Lemon Pudding <u>DINNER</u> Creamy Tomato Tortellini Soup w/ Spinach, Cheese Grilled Sandwich
<u>BREAKFAST</u> <b>20</b> Hot & Cold Cereal, Veggie Breakfast Tacos, Crispy Bacon, Banana Slices <u>LUNCH</u> Chicken Quesadilla w/ Cilantro Sauce, Chopped Mexican Salad <u>DINNER</u> Creamy Corn & Pea Pasta Salad, Loaded Mexican Egg & Cheese Melt, Vanilla Pudding	<u>BREAKFAST</u> <b>21</b> Hot & Cold Cereal, Potato & Spring Onion Breakfast, Scrambled Eggs <u>LUNCH</u> Garlic Herb Chicken & Sweet Potato, Curried Cauliflower, Blueberry & Zucchini Cake <u>DINNER</u> Simple Bolognese, Tomato & Cucumber Salad, Lemon Pudding	<u>BREAKFAST</u> <b>22</b> Hot & Cold Cereal, Easy Banana Muffins, Sausages, Stewed Prunes <u>LUNCH</u> Beef Shepherd's Pie, Dairy-Free Creamed Com <u>DINNER</u> Maple Roasted Squash Salad, Baked Ham & Cheese Sandwich, Strawberry Coffee Cake	<u>BREAKFAST</u> <b>23</b> Hot & Cold Cereal, Gordon's Eggs Benedict, Crispy Bacon, <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	<u>BREAKFAST</u> <b>24</b> Hot & Cold Cereal, Easy Egg Muffins, Sausages, Yogurt w/ Banana Slices <u>LUNCH</u> <b>Thanksgiving Feast</b> <u>DINNER</u> Italian Meatball Soup, Reuben Sandwich, Strawberry Cream Cheese Cobbler  Thanksgiving Day	<u>BREAKFAST</u> <b>25</b> Hot & Cold Cereal, Blueberry Pancakes Scrambled Eggs <u>LUNCH</u> Ground Beef & Cheese Pasta, Avocado Tuna Salad, Pear Crumble <u>DINNER</u> Beef Stew, Saltine Crackers, Skinny Baked Cauliflower Tots, Cinnamon- Stewed Apple	<u>BREAKFAST</u> <b>26</b> 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
<u>BREAKFAST</u> <b>27</b> 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	<u>BREAKFAST</u> <b>28</b> Hot & Cold Cereal, Blueberry Waffle 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-0	<u>BREAKFAST</u> <b>29</b> 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, Cheesecake	<u>BREAKFAST</u> <b>30</b> Hot & Cold Cereal, Hash Browns, Sunny Side Up Eggs <u>LUNCH</u> Grilled Honey Mustard Chicken, Mixed Vegetables, canned fruits <u>DINNER</u> Baked Rigatoni, Garlic Bread Chef Salad Lemon Pudding			