


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			BREAKFAST ¹ Hot & Cold Cereal, Chocolate Chip Muffins, Scrambled Eggs w/ Peppers & Onions, Bacon or Sausage, Fruits LUNCH Lasagna Soup, Sauteed Asparagus, Crackers, Dessert DINNER Fajita Chicken, Spanish Rice, Refried Beans, Dessert	BREAKFAST ² Hot & Cold Cereal, Red Velvet Pancakes, Scrambled Eggs, Bacon or Sausage, Fruits, Prunes LUNCH Chicken Broccoli Cheddar Soup, Grilled Cheese, Dessert DINNER Pineapple Glazed Ham, Stuffing w/ Gravy, Green Bean Casserole, Dessert	BREAKFAST ³ Hot & Cold Cereal, Blueberry Pancakes, Eggs, Sausage or Bacon, Fruit LUNCH Enchiladas, Refried Beans, Roasted Corn, Dessert DINNER Chicken Fettuccine Alfredo, Roasted Veggies, Dinner Roll, Dessert	BREAKFAST ⁴ Hot & Cold Cereal, French Toast w/ Strawberries & Whipped Cream, Scrambled Eggs, Sausage or Bacon, Fruits LUNCH Beefy Tomato Soup, Grilled Cheese Sandwich, Dessert DINNER Spaghetti w/ Meat Sauce, Green Salad, Dinner Roll, Dessert
BREAKFAST ⁵ Hot & Cold Cereal, Waffles, Breakfast Potatoes, Scrambled Eggs, Sausage or Bacon, Fruits LUNCH BBQ Chicken, Cheesy Scallop Potatoes, Sauteed Cabbage, Dessert DINNER Spaghetti w/ Meat Sauce, Green Salad, Dinner Roll, Dessert	BREAKFAST ⁶ Hot & Cold Cereal, Coffee Cake, Eggs w/ Peppers & Onions, Sausage or Bacon, Fruits LUNCH Beefy Tomato Soup, Grilled Cheese, Dessert DINNER Pot Roast w/ Potatoes & Carrots, Mashed Potatoes, Veggies, Dessert	BREAKFAST ⁷ Hot & Cold Cereal, Chocolate Chip Pancakes, Scrambled Eggs, Bacon or Sausage, Fruits, Prunes LUNCH Baked Turkey, Cornbread Stuffing, Candied Yams, Dessert DINNER Sloppy Joe Casserole, Steamed Veggies, Dinner Roll, Dessert	BREAKFAST ⁸ Hot & Cold Cereal, Pumpkin Spice Pancakes, Scrambled Eggs, Bacon or Sausage, Fruits LUNCH Teriyaki Chicken, Steamed Rice, Sauteed Veggies, Dessert DINNER Alfredo Spaghetti, Green Salad, Dinner roll, Dessert	BREAKFAST ⁹ Hot & Cold Cereal, Danishes, Scrambled Eggs w/ Peppers & Onions, Sausage or Bacon, Fruits, Prunes LUNCH Creamy Crab Linguine, Roasted Veggies, Dinner Roll, Dessert DINNER Curry Chicken, Steamed Rice, Veggies, Dessert	BREAKFAST ¹⁰ Hot & Cold Cereal, Biscuits & Gravy, Scrambled Eggs, Bacon or Sausage, Fruits LUNCH Smothered Pork Chops, Mashed Potatoes, Veggies, Dessert DINNER Chicken Fettuccine Alfredo, Steamed Veggies, Dinner Roll, Dessert	BREAKFAST ¹¹ Hot & Cold Cereal, Cinnamon Rolls, Breakfast Potatoes, Eggs, Bacon or Sausage, Fruits LUNCH Smothered Chicken, Steamed Rice Veggies, Dessert DINNER Hearty Beef Stew w/ Cornbread, Dessert
BREAKFAST ¹² Hot & Cold Cereal, Blueberry Pancakes, Scrambled Eggs, Bacon or Sausage, Fruits LUNCH Spaghetti w/ Meat Sauce, Green Salad, Dinner Roll, Dessert DINNER BBQ Meatballs, Rice, Veggies, Dessert	BREAKFAST ¹³ Hot & Cold Cereal, Omelette, Breakfast Potatoes, Bacon or Sausage, Fruits LUNCH BBQ Pork Chops, Mac & Cheese, Sauteed Spinach, Dessert DINNER Ravioli, Green Salad, Dinner Roll, Dessert	BREAKFAST ¹⁴ Hot & Cold Cereal, Confetti Pancakes, Scrambled Eggs, Bacon or Sausage, Fruits, Prunes LUNCH Beefy Tomato Soup, Grilled Cheese, Dessert DINNER BBQ Chicken, Potato Salad, Baked Beans, Dessert	BREAKFAST ¹⁵ Hot & Cold Cereal, Bread Pudding, Breakfast Potatoes, Eggs, Bacon or Sausage, Fruits LUNCH Steak, Mashed Potatoes & Gravy, Veggies, Dessert DINNER Chicken Pot Pie, Veggies, Dinner Roll, Dessert	BREAKFAST ¹⁶ Hot & Cold Cereal, Blueberry Muffins, Eggs, Bacon or Sausage, Fruits, Prunes LUNCH Beef Ravioli, Green Salad, Dinner Roll, Dessert DINNER Brisket, Mashed Potatoes & Gravy, Veggies, Dessert	BREAKFAST ¹⁷ Hot & Cold Cereal, Pumpkin Muffins, Eggs w/ Peppers & Onions, Sausage or Bacon, Fruits LUNCH Beef & Broccoli, Steamed Rice, Sauteed Veggies, Dessert DINNER Beef Chili, Cornbread, Dessert	BREAKFAST ¹⁸ Hot & Cold Cereal, English Muffins w/ Jelly, Breakfast Potatoes, Scrambled Eggs, Bacon or Sausage, Fruits LUNCH Chicken Noodle Soup w/ Crackers, Dessert DINNER BBQ Pulled Pork, Mac & Cheese, Veggies, Dessert
BREAKFAST ¹⁹ Hot & Cold Cereal, Belgian Waffles, Eggs, Bacon or Sausage, Fruits LUNCH Cabbage Rolls, Rice, Veggies, Dessert DINNER Beef Stew over Rice, Cornbread, Dessert	BREAKFAST ²⁰ Hot & Cold Cereal, Apple Cinnamon Pancakes, Eggs w/ Peppers & Onions, Sausage or Bacon, Fruits LUNCH Meatloaf, Mashed Potatoes & Gravy, Veggies, Dessert DINNER Cornbread Chili Casserole, Steamed Veggies, Dinner Roll, Dessert	BREAKFAST ²¹ Hot & Cold Cereal, Omelette, Breakfast Potatoes, Sausage or Bacon, Fruits, Prunes LUNCH Loaded Baked Potato Soup (topped w/ bacon, cheese, green onions), Grilled Cheese, Dessert DINNER Curry Chicken, White Rice, Roasted Veggies, Dessert	BREAKFAST ²² Hot & Cold Cereal, Blueberry Pancakes, Eggs w/ Peppers & Onions, Sausage or Bacon, Fruits LUNCH Sausage Tomato Soup, Grilled Cheese, Dessert DINNER Fajita Beef, Spanish Rice, Refried Beans, Dessert	BREAKFAST ²³ Hot & Cold Cereal, Hash Browns, Scrambled Eggs, Bacon or Sausage, Fruits, Prunes LUNCH BBQ Chicken, Potato Salad, Baked Beans, Dessert DINNER Beef Lasagna, Steamed Veggies, Dinner Roll, Dessert	BREAKFAST ²⁴ Hot & Cold Cereal, French Toast, Scrambled Eggs, Bacon or Sausage, Fruits LUNCH Spaghetti w/ Meat Sauce, Green Salad, Dinner Roll, Dessert DINNER Pot Roast, Mashed Potatoes & Gravy, Veggies, Dessert	BREAKFAST ²⁵ Hot & Cold Cereal, Breakfast Potatoes, Scrambled Eggs, Bacon or Sausage, Fruits LUNCH Crispy Fish, White Rice, Creamy Coleslaw, Dessert DINNER Beef Chili, Cornbread, Dessert
BREAKFAST ²⁶ Hot & Cold Cereal, Chocolate Chip Peanut Butter Muffins, Eggs w/ Peppers & Onions, Sausage or Bacon, Fruits LUNCH Beef & Broccoli, Rice, Veggies, Dessert DINNER Smothered Meatballs, Mashed Potatoes, Veggies, Dessert	BREAKFAST ²⁷ Hot & Cold Cereal, Pumpkin Muffins, Breakfast Potatoes, Eggs, Bacon or Sausage, Fruits LUNCH Shredded Beef, Spanish Rice, Roasted Corn, Dessert DINNER Spaghetti w/ Meat Sauce, Green Salad, Dinner Roll, Dessert	BREAKFAST ²⁸ Hot & Cold Cereal, Pineapple Upside Down Pancakes, Eggs, Bacon or Sausage, Fruits, Prunes LUNCH Curry Chicken, Steamed Rice, Sauteed Veggies, Dessert DINNER Teriyaki Pork Chops, Mac & Cheese, Garlic Green Beans, Dessert	BREAKFAST ²⁹ Hot & Cold Cereal, Red Velvet Pancakes, Eggs, Sausage or Bacon, Fruits LUNCH Lasagna Soup (topped w/ ricotta cheese), Grilled Cheese, Dessert DINNER Steak, Mashed Potatoes & Gravy, Veggies, Dessert	BREAKFAST ³⁰ Hot & Cold Cereal, Bread Pudding, Scrambled Eggs, Sausage or Bacon, Fruits, Prunes LUNCH RESIDENTS BIRTHDAY PARTY W/ PIZZA, SALAD & CAKE DINNER Corned Beef Brisket, Mashed Potatoes & Gravy, Sauteed Cabbage, Dessert	BREAKFAST ³¹ Hot & Cold Cereal, Pumpkin Pancakes, Scrambled Eggs, Bacon or Sausage, Fruits LUNCH BBQ Chicken, Mac & Cheese, Roasted Veggies, Dessert DINNER Baked Turkey, Stuffing w/ Gravy, Candied Yams, Dessert	