

SUNDAY

Breakfast Belgian Waffles & Sausage Links and a cup of Oatmeal or Farina.

Lunch Honey Glazed Turkey Breast with Mashed Potatoes and Peas & Mushrooms OR Tomato Swiss Steak. Fresh Fruit for Dessert

Dinner Four Cheese Pizza, House Salad & Garlic Bread. OR Deli Ham Sandwich. Apple Crisp for Dessert.

MONDAY

Breakfast Scrambled Eggs and Toast and a cup of Oatmeal or Farina.

Lunch Roast Pork with Vegetables and Seasoned Rice Or Fresh Flounder. Tapioca Pudding for Dessert

Dinner Beef and Vegetable Fried Rice, Cucumber Salad with Mini Egg Rolls and Fortune Cookie OR Grilled Chicken Salad. Sliced Peaches with Whipped Topping for Dessert.

TUESDAY

Breakfast Maple French Toast Bake with Bacon and a cup of Oatmeal or Farina.

Lunch Chicken Francaise, Angle Hair Pasta and Herbed Roasted Cauliflower OR Cheeseburger on a Bun. Frosted Brownie for Dessert.

Dinner BBQ Country Style Spare Ribs, Potato Wedges and Corn Medley OR Turkey Salad. Lemon Meringue Pie for Dessert.

WEDNESDAY

Breakfast Breakfast Biscuit Sandwich and a cup of Oatmeal or Farina.

Lunch Pot Roast with Baked Potato and Broccoli Polonaise Or Catch of the Day. Strawberry Sheet Cake for Dessert

Dinner Garden Cheese Pizza with Three Bean Salad OR Chicken Cheese Quesadilla. Raspberry Sherbet for Dessert.

THURSDAY

Breakfast Mushroom & Cheese Omelet with Toast and a cup of Oatmeal or Farina.

Lunch Baked Ham with Sweet Potatoes and Seasoned Zucchini OR Grilled Chicken Breast. Tropical Fruit for Dessert

Dinner Meatball Sandwich, French Fries and Mixed Vegetables OR Tuna Salad. Sliced Oatmeal Raisin Cookie for Dessert.

FRIDAY

Breakfast Buttermilk Pancakes and Sausage Patty and a cup of Oatmeal or Farina.

Lunch Fried Chicken with Mac & Cheese and Skillet Green Beans OR Texas Brisket. Pineapple Chunks for Dessert

Dinner Pub Style Fish & Chips with Creamy Coleslaw Or Spinach Quiche. Peanut Butter Frosted Chocolate Cake for Dessert.

SATURDAY

Breakfast Scrambled Eggs w/Cheese and Blueberry Muffin and a cup of Oatmeal or Farina.

Lunch Spaghetti with Meatballs & Julienne Salad OR Hot Dog. Boston Cream Pie for Dessert

Dinner Baked Chicken, Fettucine Alfredo and Roasted Broccoli OR BLT Sandwich. Mandarin Oranges for Dessert.

WEEK 4



PREFERRED CARE