

# Weekly Master Menu - Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> Includes choice of: white or whole wheat bread, milk, coffee, tea, water or juice	<b>Choice of:</b> Oatmeal Assorted cold cereal w/condiment Muffins Fresh fruit (orange)	<b>Choice of:</b> Oatmeal Assorted cold cereal w/condiment Pancakes Fresh fruit (banana)	<b>Choice of:</b> Sunny Boy cereal Assorted cold cereal w/condiment Muffins Yogurt Fresh fruit (seasonal)	<b>Choice of:</b> Chef's choice eggs Assorted cold cereal w/condiment Muffins Fresh fruit (orange)	<b>Choice of:</b> Oatmeal Assorted cold cereal w/condiment Muffins Fresh fruit (apple)	<b>Choice of:</b> Cream of Wheat Assorted cold cereal w/condiment Muffins Yogurt Fresh fruit (banana)	<b>Choice of:</b> Poached or boiled eggs Assorted cold cereal w/condiment Muffins Fresh fruit (chef's choice)
<b>Light Meal</b> Includes choice of milk, coffee, tea, water or juice and white or whole wheat bread	Cream of cauliflower soup and crackers <u>and</u> <b>Choice of:</b> Vegetarian quiche, or Ham & cheese quiche <u>and</u> Spinach salad  <b>Choice of:</b> Fudge brownie, or Pear slices	Scotch broth and crackers <u>and</u> <b>Choice of:</b> Turkey salad sandwich, or BLT sandwich <u>and</u> Potato salad  <b>Choice of:</b> Tapioca pudding, or Fruit cocktail	Cream of chicken soup and crackers <u>and</u> Sloppy joes on white or ww bun <u>and</u> Spinach salad  <b>Choice of:</b> Orange mousse, or Watermelon wedge	Beef noodle soup and crackers <b>Choice of:</b> Chicken wrap, or Vegetarian wrap  <b>Choice of:</b> Cottage cheese , or Caesar salad <b>Choice of:</b> Fresh fruit, or Ice cream w/wafer	Vegetable soup and crackers <u>and</u> <b>Choice of:</b> Vegetarian omelette, or Cheese omelette <u>and</u> Toast Hashbrowns <b>Choice of:</b> Butterscotch pudding, or Mandarin oranges	Tomato macaroni soup and crackers <u>and</u> <b>Choice of:</b> Cold cut plate, or Grilled cheese sandwich <u>and</u> Sliced tomatoes and cucumbers <b>Choice of:</b> Cupcake, or Fruit cocktail	Tossed salad  Beef Stew <u>and</u> White or ww bun  <b>Choice of:</b> Sherbert, or Peach slices
<b>Main Meal</b> Includes choice of milk, coffee, tea, water or juice and white or whole wheat bread	V-8 juice <u>and</u> Meatballs Rice pilaf <u>and</u> <b>Choice of:</b> Mixed vegetables, or Broccoli  <b>Choice of:</b> Apple crisp, or Banana	Tossed salad <u>and</u> <b>Choice of:</b> Beef and Peppers, or Fish <u>and</u> Noodles Corn  <b>Choice of:</b> Chocolate cake, or Fruit	Tomato juice <u>and</u> <b>Choice of:</b> Baked ham, or Meat balls <u>and</u> Scalloped potatoes Green beans  <b>Choice of:</b> Lemon square, or Apricot halves	Tossed Salad <u>and</u> Beef roast w/gravy Roast potatoes <u>and</u> <b>Choice of:</b> Peas & Carrots, or Corn  <b>Choice of:</b> Seasonal fruit, or Banana loaf	Chef's choice salad <u>and</u> <b>Choice of:</b> Salmon patty, or Turkey patty <u>and</u> Mashed potatoes Mixed vegetables  <b>Choice of:</b> Stewed rhubarb, or Cookie	Cranberry cocktail <u>and</u> Chicken kiev <u>and</u> <b>Choice of:</b> Rice, or Noodles <u>and</u> Yellow & green beans <b>Choice of:</b> Chef's choice pie, or Canteloupe	Oriental salad <u>and</u> Roast pork w/applesauce or gravy Mashed potatoes <u>and</u> <b>Choice of:</b> Harvard beets, or Brussel sprouts <b>Choice of:</b> Peach cobbler, or Fresh fruit

Note: Peanut butter is available for nutrition breaks