



Winter Menu Week 1

December 2 - 8

Sunday

Breakfast

Oatmeal
Cold Cereal
Choice of Eggs

Lunch

Roast Beef w/ Gravy
Cornish Game Hen
Mashed Potatoes
Roasted Carrots
Prince Charles Blend
Dinner Roll
Apple Pie

Supper

Crm of Mushroom-
Soup
Grilled Ham & Swiss
Sdwch
Chicken Rice Casserole
Sweet Potato Fries
Roasted Cauliflower
Grapes

Monday

Breakfast

Oatmeal
Cold Cereal
Cinnamon French
Toast

Lunch

Goulash
Locker Sausage
Capri Vegetable Blend
Sauerkraut
Garlic Toast
Tossed Salad
Pineapple Chunks
Chocolate Chunk-
Cookie

Supper

Chicken & Dumplings
Beef Roast
Peas
Wheat Bread
Apricots
Peanut Butter -
Brownies

Tuesday

Breakfast

Oatmeal
Cold Cereal
Scrambled Eggs

Lunch

Tilapia Almondine
Chicken Taco Salad
Oven Rstd Potatoes
Carrots
Seasoned Black Beans
Dinner Roll
Lemon Meringue-
Cupcake

Supper

Corn Chowder
Grilled Chicken Sdwch
Lettuce-Tomato-
Onion
Pancakes
Ham Slice
Fresh Fruit Cup

Wednesday

Breakfast

Oatmeal
Cold Cereal
Egg & Cheese Sdwch
Tomato Slices

Lunch

Rstd Pork Tenderloin
Beef & Vegetable
Stir-Fry
Roesti Potatoes
Green Beans
Oriental Veg. Blend
Dinner Roll
PumpkinCheesecake-
Crumble Bar

Supper

Crmy Vegetable Soup
Cheeseburger
Lettuce-Tomato-
Onion
Tuna Salad Sdwch
Sour Cream &
Cheddar Chips
Mandarin Oranges

Thursday

Breakfast

Oatmeal
Cold Cereal
Waffle

Lunch

Oven Fried Chicken
Sweet & Sour Pork
Saute
Garlic Mashed Potatoes
White Rice
Broccoli
Sugar Snap Peas
Wheat Bread
Peach Crisp

Supper

Split Pea Soup
Brd Tenderloin Sdwch
Smothered Turkey-
Sdwch
Potato Salad
Pears

Friday

Breakfast

Oatmeal
Cold Cereal
Poached Egg
Rise'n Roll Donut

Lunch

Dill Glazed Salmon
Beef Noodle Casserole
Garden Rice Blend
Stewed Tomatoes
Peas & Carrots
Dinner Roll
Toffee Pecan Bar

Supper

Minestrone Soup
Hawaiian Pizza
Ham Salad Sdwch
Green Beans
Garlic Toast
Tossed Salad
Peaches

Saturday

Breakfast

Oatmeal
Cold Cereal
Cheese Omelet

Lunch

Braised Short Ribs
Fried Fish
Baked Potato
California Blend Veg.
Broccoli
Dinner Roll
Snickerdoodle Cookie

Supper

Chicken & Noodles
Egg Salad Sdwch
Mashed Potatoes
Creamy Coleslaw
Cinnamon Applesauce
Tossed Salad



Winter Menu Week 2

December 9 - 15

Sunday

Breakfast

Oatmeal
Cold Cereal
Breakfast Casserole

Lunch

Tarragon Turkey
Pork Cutlet
Whipped Butternut-
Squash
Bread Stuffing
Green Beans
Tossed Salad
Cherry Pie

Supper

Cream of Potato Soup
Ham Slice
Lemon Baked Fish
Carrots
Marinated Cucumbers
Grapes

Monday

Breakfast

Oatmeal
Cold Cereal
Biscuits & Gravy

Lunch

Chicken Alfredo
BBQ Meatballs
Cauliflower
Malibu Veg. Blend
Garlic Toast
Tossed Salad
Snickerdoodle

Supper

Tomato Soup
Grilled Cheese-
Sdwch
Sweet & Sour -
Chicken
White Rice
Sugar Snap Peas
Emerald Pears

Tuesday

Breakfast

Oatmeal
Cold Cereal
Ham & Cheese
Omelet

Lunch

Turkey a'la King
Beef Burgundy
Garlic Mashed-
Potatoes
Biscuit
Plums
Cinnamon Maple-
Apple Cake

Supper

Chili w/ Beans
Corn Muffin
Chicken Kiev
Zucchini & Summer-
Squash
Tossed Salad
Mandarin Oranges

Wednesday

Breakfast

Oatmeal
Cold Cereal
Scrambled Eggs

Lunch

Salisbury Steak w/
Gravy
Apple Pork Chop
Quartered Potatoes
Broccoli
Wax Beans
Dinner Roll
Hot Fudge Cake

Supper

French Onion Soup
Grilled Chicken Sdwch
Coney Island Hot Dog
Rstd Sweet Potato-
Wedge
Baked Beans
Apricots

Thursday

Breakfast

Oatmeal
Cold Cereal
Egg, Bacon & Cheddar-
Scramble

Lunch

Ham Steak
Tahitian Chicken
Scalloped Potatoes
Asparagus
Green Beans
Dinner Roll
Cherry Crisp

Supper

Chunky Vegetable Soup
Hamburger Slider
Breaded Chicken Slider
Brussels Sprouts
Broccoli Raisin Salad
Tropical Fruit Salad

Friday

Breakfast

Oatmeal
Cold Cereal
Hearty Hashbrowns
Rise'n Roll Donut

Lunch

Eggplant Parmesan w/
Marinara Sauce
Beef Steak Stroganoff
Italian Green Beans
Prince Charles Veg.
Garlic Toast
Carrot Cake

Supper

Cream of Broccoli Soup
Hamburger
Lettuce-Tomato-Onion
Fish Sandwich
Fresh Fruit Cup

Saturday

Breakfast

Oatmeal
Cold Cereal
Egg & Cheese Sdwch

Lunch

Honey Mustard-
Chicken
Smothered Pork
Onion Rstd Potatoes
Corn O'Brien
Key West Veg. Blend
Wheat Bread
Heath Bar

Supper

Cheese Pizza
Locker Sausage
Carrots
Sauerkraut
Cinnamon Applesauce



Winter Menu Week 3

December 16 - 22

Sunday

Breakfast

Oatmeal
Cold Cereal
Apple Pancakes

Lunch

Roast Pork
Marinated Turkey
Breast
Baked Potato
Rstd Brussels Sprouts
Dinner Roll
Cucumber Salad
Peachberry Pie

Dinner

Italian Wedding Soup
Roast Beef &
Provolone Sdwch
Grid Chicken Sdwch
Carrots
Asparagus
Fresh Fruit Cup

Monday

Breakfast

Oatmeal
Cold Cereal
Choice of Eggs

Lunch

BBQ Chicken Thigh
Fried Fish
Baked Beans
Corn
Capri Veg. Blend
Dinner Roll
Frosted Banana-
Cake

Dinner

Minestrone Soup
Sweet & Sour-
Meatballs
Fried Chicken
Green Beans
Tossed Salad
Apricots

Tuesday

Breakfast

Oatmeal
Cold Cereal
French Toast
Strawberries

Lunch

Roast Beef
Manicotti w/
Parmesan Cheese
Loaded Mashed-
Potatoes
Carrots
Broccoli
Wheat Bread
Blueberry Pie

Dinner

Chili w/ Beans
Corn Muffin
Macaroni & Cheese
Winter Blend Veg.
Wax Beans
Peaches

Wednesday

Breakfast

Oatmeal
Cold Cereal
Western Omelet
Bake

Lunch

Chicken Fajitas
Herbed Pork Loin
Cilantro-Lime Rice
Peas & Pearl Onion
Black Bean & Corn-
Relish
Coconut Cake

Dinner

Clam Chowder
Hamburger
Lettuce-Tomato-
Onion
Tuna Salad Sdwch
Steak Fries
Green Beans &
Mushrooms
Creamy Coleslaw
Mandarin Oranges

Thursday

Breakfast

Oatmeal
Cold Cereal
Biscuits & Gravy
Cinnamon Peach
Muffin

Lunch

Apple Pork Chop
Pepper Steak
Rst Swt Potato Wedge
Spinach
Caribbean Veg. Blend
Wheat Bread
Corn Relish
Vanilla Ice Cream

Dinner

Crn of Broccoli Soup
Quiche
Ham Steak
Hearty Hashbrowns
Vegetable Blend
Tomato Slices
Fruit Compote

Friday

Breakfast

Oatmeal
Cold Cereal
Rise'n Roll Donut

Lunch

Tilapia Almondine
Beef w/ Broccoli
Garden Rice Blend
Carrots
Oriental Veg. Blend
Dinner Roll
Gingersnap Cookie

Dinner

Chicken Noodle-
Soup
Smothered Turkey-
Sdwch
Breaded Fish
AuGratin Potatoes
Peas & Carrots
Banana

Saturday

Breakfast

Oatmeal
Cold Cereal
Hearty Hashbrowns

Lunch

Chicken Marsala
Herbed Fettuccine
BBQ Ribs
Italian Mixed Veg.
Harvard Beets
Garlic Bread Knot
Strwbry Choco. Cake

Dinner

Beef & Cheddar Sdwch
BBQ Pork Sdwch
Brd Corn Nuggets
Tossed Salad
Emerald Pears



Winter Menu Week 4

December 23 - 29

Sunday

Breakfast

Oatmeal
Cold Cereal
Choice of Eggs

Lunch

Meatloaf
Roast Turkey
Mashed Potatoes w/
Gravy
Green Beans &
Mushrooms
Dinner Roll
Fruit of the Forest
Pie

Dinner

Ham & Beans
Cornbread
Chicken Tenders
Succotash Veg.
Green Beans
Applesauce

Monday

Breakfast

Oatmeal
Cold Cereal
Choice of Eggs

Lunch

Italian Chicken
Broccoli Pesto-
Fettuccine
Cracker Crumb Cod
Carrots
Brussels Sprouts
Dinner Roll
Van. Pudding Cake

Dinner

Tomato Soup
Grilled Cheese
Swedish Meatballs
Potato Wedges
Winter Blend Veg.
Strawberries

Tuesday

Breakfast

Oatmeal
Cold Cereal
Egg & Cheese Sdwch

Lunch

Polish Sausage Sdwch
Chicken Pot Pie
German Potato-
Salad
Cooked Cabbage
Peas
Caribbean Veg.
Apple Turnover

Dinner

Chicken & Rice Soup
Fried Shrimp
Sloppy Joe
Corn
Emerald Pears
Pickled Egg

Wednesday

Breakfast

Oatmeal
Cold Cereal
Apricot Muffin

Lunch

Turkey Pot Roast
Honey Glazed Pork-
Chop
Cinnamon Maple-
Squash
Rstd Cauliflower
Wax Beans
Dinner Roll
Blueberry Crisp

Dinner

Beef Barley Veg.-
Soup
Fried Bologna Sdwch
Grd Chicken Sdwch
American Fried-
Potatoes
California Blend Veg.
Cantaloupe

Thursday

Breakfast

Oatmeal
Cold Cereal
Pancakes

Lunch

Grd Sweet & Sour-
Beef
White Rice
Oriental Veg. Blend
Cottage Cheese -
w/ Peaches
Mandarin Coleslaw
Turtle Squares

Dinner

Chicken Chili
Corn Muffin
Bacon Cheeseburger
Sweet Potato Fries
Green Peas
Tossed Salad
Grapes

Friday

Breakfast

Oatmeal
Cold Cereal
Egg, Bacon &
Cheddar Scramble
Rise'n Roll Donut

Lunch

Herb Crusted Cod
Baked Ham
Baked Potato
Mashed Cauliflower
Broccoli
Dinner Roll
Red Velvet Cake

Dinner

Butternut Squash-
Bisque
Ham Sliders
Hamburger Sliders
Carrots
Marinated-
Cucumbers
Watermelon

Saturday

Breakfast

Oatmeal
Cold Cereal
Choice of Eggs

Lunch

Chicken Cacciatore
Country Fried Steak
Egg Noodles
Hashbrown-
Casserole
Chalet Veg. Blend
Garlic Bread Knot
Pumpkin Mousse

Dinner

Sausage Pizza
Beef Ravioli
Green Beans
Corn
Tossed Salad
Peaches