

| Breakfast Menu                                                                       |                                                                                             |                                                                              |                                                                                               |                                                                              | Lunch Menu                                                                                                    |                                                                                                            |                                                                                                            |                                                                                                               |                                                                                                     |
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| MONDAY LUNES                                                                         | TUESDAY MARTES                                                                              | WEDNESDAY MIERCOLES                                                          | THURSDAY JUEVES                                                                               | FRIDAY VIERNES                                                               | MONDAY LUNES                                                                                                  | TUESDAY MARTES                                                                                             | WEDNESDAY MIERCOLES                                                                                        | THURSDAY JUEVES                                                                                               | FRIDAY VIERNES                                                                                      |
|                                                                                      | 1 Orange Juice<br>Beef Sausage<br>Links<br>Cheerios<br>Waffles<br>Syrup                     | 2 Blended Juice<br>Cheese Omelet<br>Rice Crispy<br>Soft Roll<br>Apple Sauce  | 3 Orange Juice<br>Low Sodium<br>Ham<br>Maypo Cereal<br>French Toast<br>Cinnamon<br>Syrup      | 4 Apple Juice<br>Sauteed<br>Salmon<br>Grits<br>Home Fries<br>Yogurt          |                                                                                                               | 1 Grape Juice<br>Turkey Breast<br>w/Gravy<br>Yams<br>Broccoli<br>White Bread<br>Apricots                   | 2 Orange Juice<br>Baked Chicken Leg<br>White Rice<br>Spinach<br>Dinner Roll<br>Banana                      | 3 Lentil Soup<br>Meatloaf<br>Noodle w/Italian<br>Dressing<br>Mixed Vegetables<br>Garlic Bread<br>Peaches      | 4 Pineapple Juice<br>Breaded Filet<br>Roasted Potato<br>Green Beans<br>Rye Bread<br>Fresh Grapes    |
| 7 Pineapple<br>Juice<br>Low Salt Spam<br>Farina<br>Dinner Roll<br>Oranges            | 8 Orange Juice<br>Boiled Eggs<br>Oatmeal<br>w/Cinnamon<br>Wheat Bread<br>Peaches            | 9 Apple Juice<br>Sausage Patties<br>Maypo Cereal<br>Pancakes<br>Syrup        | 10 Grape Juice<br>Fish Sticks (2)<br>Oatmeal<br>White Bread                                   | 11 Orange Juice<br>Glaze Ham<br>Cheerios<br>French Toast<br>Banana Syrup     | 7 Split Pea soup<br>Baked Ziti<br>w/Meat<br>Lettuce &<br>Tomato Salad<br>Garlic Bread<br>Kiwi                 | 8 Apple Juice<br>Baked Chicken<br>Yellow Rice<br>Stew Pink Beans<br>Zucchini<br>Wheat Bread<br>Mixed Fruit | 9 Orange Juice<br>Meat Loaf<br>w/Gravy<br>Baked Potato<br>Peas & Carrots<br>Dinner Roll<br>Fresh Pear      | 10 Blended Juice<br>Baked Pork Chops<br>White Rice<br>Green Beans<br>Rye Bread<br>Slices of Pineapple         | 11 Pineapple Juice<br>Baked Ham<br>w/Pineapple<br>Yams<br>Mixed Vegetables<br>Wheat Bread<br>Peach  |
| 14 Apple Juice<br>Smoked<br>Sausages<br>Corn Meal<br>White Bread<br>Pineapple Chunks | 15 Grape Juice<br>Spanish Omelet<br>Farina<br>Soft Roll                                     | 16 Blended Juice<br>Canadian Bacon<br>Raisin Bran<br>Wheat Pancakes<br>Syrup | 17 Grape Juice<br>Grilled Cheese<br>Sandwich<br>Cream of Wheat<br>Dinner Roll<br>Apple Slices | 18 Pineapple<br>Juice<br>Corn Beef Hash<br>Grits                             | 14 Grape Juice<br>Stuffed Peppers<br>w/Onions<br>Baby Carrots<br>Tossed Salad<br>Wheat Bread<br>Apple Sauce   | 15 Blended Juice<br>Baked Turkey<br>Wings<br>Mash Potato<br>Steam Broccoli<br>White Bread<br>Fresh Apple   | 16 Orange Juice<br>Oven Fried Chicken<br>Rice w/Peas<br>Italian Vegetables<br>Rye Bread<br>Slices of Peach | 17 Pineapple Juice<br>Beef Stew<br>Brown Rice<br>Lettuce & Tomato<br>Wheat Bread<br>Banana                    | 18 Chicken Soup<br>Chicken Parmesan<br>Egg Noodles<br>Mixed Vegetables<br>Wheat Bread<br>Fresh Pear |
| 21 Apple Juice<br>Scramble Eggs (2)<br>Oatmeal<br>w/Cinnamon<br>Wheat Bread          | 22 Grape Juice<br>Ham & Cheese<br>Omelet<br>Cheerios<br>English Muffin<br>Slices of Oranges | 23 Orange Juice<br>Maple Sausage<br>Cream of Wheat<br>Waffles<br>Syrup       | 24 Blended Juice<br>Grilled Cheese<br>Sandwich<br>Farina<br>Yogurt                            | 25 Apple Juice<br>Sausage Patties<br>Wheat Flakes<br>Wheat Pancakes<br>Syrup | 21 Grape Juice<br>BBQ Ribs<br>Yellow Rice<br>Spinach<br>Wheat Bread<br>Mixed Fruit                            | 22 Lentil Soup<br>Meat Lasagna<br>Zucchini<br>Lettuce & Tomato<br>Salad<br>Garlic Bread<br>Fresh Apple     | 23 Apple Juice<br>Oven Fried Fish<br>Yucca w/Onions<br>Asparagus<br>Green Beans<br>Sliced Peaches          | 24 Pineapple Juice<br>Pepper Steak<br>w/Onions<br>Egg Noodles<br>Broccoli/Carrots<br>Rye Bread<br>Apple Sauce | 25 Orange Juice<br>Stew Chicken<br>White Rice<br>Stew Pink Beans<br>Soft Roll<br>Oranges            |
| 28 Orange Juice<br>Western Omelet<br>Corn Meal<br>Soft Roll<br>Banana                |                                                                                             |                                                                              | <b>Buen Provecho!!</b>                                                                        | <b>Enjoy You Meal!!</b>                                                      | 28 Apple Juice<br>Baked Liver<br>w/Onions<br>Mash Potatoes<br>Peas & Carrots<br>Wheat Bread<br>Fruited Jell-O |                                                                                                            |                                                                                                            | <b>Buen Provecho!!</b>                                                                                        | <b>Enjoy You Meal!!</b>                                                                             |

Please note that milk (whole/1%) and margarine is served with every meal.

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