

SAMPLE WEEKLY MENU



	BREAKFAST	LUNCH*	DINNER**
SUN	Assorted Fruit and Juices Hot and Cold Cereal Eggs Cooked to Order Bacon Toast / Assorted Jams	Chicken Noodle Soup Vegetable Crepes or Chicken Salad Sandwich Dessert	Assorted Juices Roast Beef & Yorkshire Pudding Vegetables Pineapple Upside Down Cake
MON	Assorted Fruit and Juices Hot and Cold Cereal Eggs Cooked to Order Bacon Toast / Assorted Jams	Cream of Celery Soup Fish Cakes & Coleslaw or Cream Cheese and Pineapple Sandwich Dessert	Assorted Juices Irish Stew Vegetables Brownies
TUE	Assorted Fruit and Juices Hot and Cold Cereal Eggs Cooked to Order Bacon Toast / Assorted Jams	Scotch Broth Confetti Vegetable Pasta or Shrimp Croissant Dessert	Assorted Juices Salisbury Steak Vegetables Pumpkin Date Square
WED	Assorted Fruit and Juices Hot and Cold Cereal Eggs Cooked to Order Bacon Toast / Assorted Jams	Cream of Carrot Soup Beef and Rice Stir Fry or Tomato & Lettuce Sandwich Dessert	Assorted Juices Chicken Strips Vegetables Lemon Loaf
THU	Assorted Fruit and Juices Hot and Cold Cereal Eggs Cooked to Order Bacon Toast / Assorted Jams	Soup of the Day Veggie Burger or Ham Cold Plate Dessert	Assorted Juices Pork Cutlets Vegetables Raisin Pudding Cake
FRI	Assorted Fruit and Juices Hot and Cold Cereal Eggs Cooked to Order Bacon Toast / Assorted Jams	Lentil Soup Scotch Pie or Tuna Sandwich Dessert	Assorted Juices Trout Vegetables Muffins
SAT	Assorted Fruit and Juices Hot and Cold Cereal Eggs Cooked to Order Bacon Toast / Assorted Jams	Corn Chowder Eggs Benedict or Cheese & Asparagus Sandwich Dessert	Assorted Juices Veal Parmigiana & Spaghetti Vegetables Cherry Almond Square

* Tossed Salad and Cheese Sandwich also available at lunch.

Fresh fruit is often served for dessert at lunchtime.

** Cold Meat and Vegetable Plate also offered at dinner.