

WEEK #1	MONDAY DAY 1	TUESDAY – DAY 2	WEDNESDAY – DAY 3	THURSDAY – DAY 4	FRIDAY – DAY 5
SOUP	Cream of Mushroom	Pea Soup	Lentil Vegetable	Cream of Celery	Cream of Carrot
LUNCH	Tuscan Chicken Calypso Brown Rice Florentine Mixed Vegetables	Italian Rustic Cod Roasted Parisienne Potatoes Asian Mixed Vegetables	Stuffed Peppers Mashed Potatoes Buttered Beets	Chicken Strips Potatoes Wedges Corn Nibs	Shepherd's Pie with Beef Gravy Mashed Turnip Italian Mixed Vegetables
SALAD	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
SANDWICH (OPTIONAL)	Salmon Salad Sandwich	Turkey Salad Sandwich	Egg Salad Sandwich	Deli Sliced Beef Sandwich	Black Forest Ham Sandwich
DESSERT	Banana Cream Pie	Mini Chocolate Eclair	Fresh Cantaloupe	Carrot Cake with Cream Cheese Icing	Lemon Cookies

WEEK #2	MONDAY DAY 8	TUESDAY – DAY 9	WEDNESDAY – DAY 10	THURSDAY – DAY 11	FRIDAY – DAY 12
SOUP	Chicken Noodle	Cream of Asparagus	Potato & Leek	Cream of Chicken	Cream of Tomato
LUNCH	Chicken Breast with Mushroom Sauce Spanish Rice California Mixed Vegetables	Sirloin Strips in Beef Parsley Boiled Potatoes Gingered Carrots	Tourtiere Pie Garlic Mashed Potatoes Romanesco Mixed Vegetables	Beef Chili Con Carne Baked Sweet Potato Italian Blend Vegetables	Savory Turkey Meatloaf with Cranberry Sauce Cheesy Mashed Potatoes Corn Nibs
SALAD	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
SANDWICH (OPTIONAL)	Chicken Salad Sandwich	Egg Salad Sandwich	Deli Turkey Sandwich	Salami & Cheese Sandwich	Tuna Salad Sandwich
DESSERT	Mini Sprinkle Donuts	Apple Pumpkin Loaf	Fresh Honey Dew Melon	Apple Upside Down Cake	Boston Cream Pie

WEEK #3	MONDAY DAY 15	TUESDAY – DAY 16	WEDNESDAY – DAY 17	THURSDAY – DAY 18	FRIDAY – DAY 19
SOUP	Butternut Squash	Chicken Rice	Cream of Cauliflower	Broccoli & Cheddar	Minestrone
LUNCH	Boneless Pork Rib With BBQ Sauce Macaroni & Cheese Italian Mixed Vegetables	Turkey Schnitzel With Poultry Gravy Rosemary Roasted Potatoes Sauerkraut Royal	Tuscan Vegetable Lasagna With Garlic Bread Mixed Vegetables	Beef & Barley Stew With Corn Bread California Mixed Vegetables	Crunchy Perch & Tartar Sauce Mashed Potatoes Succotash
SALAD	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
SANDWICH (OPTIONAL)	Ham & Cheese Sandwich	Egg Salad Sandwich	Salmon Salad Sandwich	Deli Beef Sandwich	Chicken Salad Sandwich
DESSERT	Cherry Pie	Fresh Orange Sections	Butterscotch Cookie Bar	French Cream Cheese Cake	Pumpkin Crisp