

SAMPLE MENU

DAY	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Biscuits and Gravy with Scrambled Eggs and Hashbrowns	Roast Turkey with Sweet Potato and Dressing, Green Beans and Apple Pie	Cheese Burger with Fries and Coleslaw with Rootbeer Float for Dessert	Diced Cheese and Crackers
MONDAY	Cream of Wheat with Toast and Eggs	Spaghetti with Meatballs, Garlic Bread and Broccoli with a side Salad and scoop of Ice Cream for Dessert	Turkey Club Sandwich with Hearty Vegetable Soup and Chips with Brownie for dessert	Yogurt with Granola
TUESDAY	Buttermilk Pancakes with Bacon and Fresh Fruit	Salisbury Steak with Mushroom Gravy, Garlic Mashed Potato, Peas n Carrots and Pudding Parfait for Dessert	Grilled Chicken Wrap with Pasta Salad and Soup with Watermelon for Dessert	Popcorn
WEDNESDAY	Oatmeal with Brown Sugar and Rasin Toast with a Side of Eggs	Baked Ham with Pineapple Glaze, Au Gratin Potato, California Blend Veggies and Fresh Fruit for Dessert	Gyro with Potato Wedges and Coleslaw and Cherry Pie for Dessert	Cottage Cheese
THURSDAY	Grits and Ham with Fried Eggs	Southern Fried Chicken with Mashed Potato and Gravy Buttered Brussel Sprouts and Chocolate Chip Cookies for Dessert	Cobb Salad with Dinner Roll, Soup and Chococolate Mousse for Dessert	Veggies and Dip
FRIDAY	French Toast with Sausage and Fresh Fruit	Lemon Peppered Tilapia with Tomato Risotto, Broccoli Florets and Cherry Pie for Dessert	Ham and Cheese on Hogie Roll with Cream of Potato Soup, Potato Chips, Ice Cream Sundae for Dessert	Mandrine Oranges
SATURDAY	Continental Breakfast	Ribeye Steak with Baked Potato Zucchini and Yellow Squash with Bananas Foster for Dessert	Grilled Chicken Breast Sandwich California Style with Soup, Pasta Salad and Fresh Fruit for Dessert	Trail Mix