

# Week One

## Breakfast

## Lunch

## Dinner

Monday

Pineapple Juice  
Stewed Prunes  
Scrambled Eggs  
Whole Wheat Toast  
and Jelly

Apple Juice  
Cincinnati Chili  
Corn Bread  
Crackers  
Fruit Cocktail in Jello

Pork Chops & Gravy  
Potato Pancakes  
and Sour Cream  
Hot Applesauce  
Bread Custard

Tuesday

Cranberry Juice  
Oatmeal  
Cinnamon Toast

Rueben Sandwich  
Potato Salad  
Pickle Chips  
Fresh Grapes

Tossed Salad w/ Dressing  
Chicken Drumstick  
Mashed Potatoes  
and Gravy  
Biscuit  
Glazed Lemon Cake

Wednesday

Orange Juice  
French Toast  
Maple Syrup

Minestrone Soup  
w/ Crackers  
Ham Salad Sandwiches  
Pineapple and Oranges

Stuffed Veal Roll  
Rice Pilaf  
Broccoli  
Dinner Roll  
Rainbow Sherbet

Thursday

Grape Juice  
Cold cereal  
Rye Toast  
and Jelly

Hamburger on Bun  
Potato Chips  
Beet Salad  
Gingerbread Cake

Beef Stroganoff  
Egg Noodles  
Green Beans  
Dinner Roll  
Lemon Pudding

Friday

Cranberry Juice  
Egg Bake  
with Bacon  
Wheat Toast  
and Jelly

Tomato Soup  
Crackers  
Grilled Cheese  
Sandwiches  
Pickle Chips  
Sliced Peaches

Tossed Salad w/ Dressing  
Breaded Fish  
Noodles Romanoff  
Biscuit  
Vanilla Ice  
Cream Sundae

Saturday

Grape Juice  
Malt-o-Meal  
White Toast  
and Jelly

Turkey Tetrazzini  
Mixed Vegetables  
White Bread  
Fruit Cocktail

Salsibury Steak  
Mashed Potatoes  
Carrots  
Dinner Roll  
Pumpkin Custard

Sunday

Prune Juice  
Cream of Wheat  
Donut

Baked Ham  
Sweet Potato  
AuGratin Cauliflower  
Dinner Roll  
Lemon Pie

Cottage Cheese  
Pineapple  
Melon Mix  
Blueberry Muffins  
Peanut Butter Cookies

# Week Two

## Breakfast

## Lunch

## Dinner

Monday

Grape Juice  
Oatmeal  
Cinnamon Toast

Open Face Meatloaf  
Sandwich  
Mashed Potatoes  
and Gravy  
Corn  
Orange Jello Salad

Pepper Steak  
Noodles  
Peas & Carrots  
Dinner Roll  
Tapioca Pudding

Tuesday

Orange Juice  
Pancakes  
Sausage  
Maple Syrup

Ham on Rye  
Potato Chips  
Coleslaw  
Cinnamon Applesauce

Creamed Turkey  
over a Biscuit  
Capri Blend Vegetables  
Cheese Cake

Wednesday

Pineapple Juice  
Golden Grahams  
Blueberry Muffins  
Sliced Pears

Cream of Potato Soup  
Western Sandwich  
on Bun  
Fruit Cocktail

Sweet & Sour Chicken  
Rice Pilof  
Broccoli  
Dinner Roll  
Vanilla Peanut  
Butter Pie

Thursday

Orange Juice  
Corn Flakes  
Sliced Banana  
White Toast  
and Jelly

Chicken Noodle Soup  
Grilled Tuna Melt  
Ambrossia Salad

Ham Patties with  
Cranberry Sauce  
Hubbard Squash  
Roasted Red Skins  
Corn Bread  
Chocolate Cake

Friday

Cranberry Juice  
Cream of Wheat  
Rye Toast  
and Jelly

EggBake  
Hash Browns Potatoes  
Blueberry Muffins  
Chocolate Chip Cookie

Lemon Pepper Fish  
Augratin Potatoes  
Brussel Sprouts  
Biscuit  
Ice Cream Sundae

Saturday

Grape Juice  
Assorted Cereal  
Toast  
Jelly

Spaghetti &  
Meatballs  
Tossed Salad/Dressing  
Garlic Bread  
Sliced Peaches

Beef Vegetable Soup  
Chicken Salad  
Sandwich  
Cinnamon Applesauce

Sunday

Orange Juice  
Rice Krispies  
Sliced Banana  
Bran Muffins

Roast Turkey  
Potato Casserole  
Mixed Vegetables  
Dinner Roll  
Pumpkin Pie

Sloppy Joe on  
Hamburger Bun  
Hash Brown Potatoes  
Corn  
Sliced Pears

# Week Three

## Breakfast

## Lunch

## Dinner

Monday

Orange Juice  
Rice Krispies  
Sliced Banana  
White Toast  
and Jelly

Navy Bean Soup  
Egg Salad Sandwich  
Fruit Salad

Porcupine Balls  
Mashed Potatoes  
and Gravy  
Broccoli  
Angel Food Cake  
with Strawberries

Tuesday

Pineapple Juice  
Pancakes  
Sausage

Hot Dogs with  
Chili Sauce  
Green Beans  
Chocolate Pudding

Chicken Marsala  
Noodles  
Carrots  
Dinner Roll  
Applesauce Gelatin Salad

Wednesday

Apple Juice  
Scrambled Eggs  
Bacon  
Whole Wheat Toast

Beef Vegetable Soup  
Tuna Seashell Salad  
Croissant  
Sliced Bananas

Corned Beef  
Red Skin Potatoes  
Cabbage  
Wheat Bread  
Fruit Cocktail

Thursday

Cranberry Juice  
Cheerios  
White Toast  
and Jelly

Cheeseburgers  
Seasoned Fries  
Pickles  
Peaches

Chuck Roast  
Gravy  
Spaetzle  
Sliced Beets  
Biscuit  
Pineapple Tidbits

Friday

Prune Juice  
Cream of Wheat  
Rye Toast  
Jelly

Fish Squares  
on Hamburger Bun  
Cole Slaw  
Ice Cream Sandwich

Macaroni and  
Cheese  
Peas and Onions  
Stewed Tomatoes  
Chocolate Cake

Saturday

Orange Juice  
French Toast  
Maple Syrup

Ham & Cheese  
Sandwich  
Garden Cheese Soup  
with crackers  
Pickle Chips  
Sliced Pears

Tossed Salad w/ Dressing  
Marinated Beef  
over Noodles  
Italian Bread & Butter  
Sherbet

Sunday

Cranberry Juice  
Cream of Wheat  
Bran Muffin

Pork Roast  
Mashed Potatoes  
and Gravy  
Lima Beans  
Dinner Roll  
Cherry Pie

Chicken Tenders  
Rice Pilof  
Mixed Vegetables  
Chocolate Chip Cookie

# Week Four

## Breakfast

## Lunch

## Dinner

Monday

Grape Juice  
Oatmeal  
Wheat Toast  
and Jelly

Beef Barley Soup  
Turkey Sandwiches  
Bananas with Mandarin  
Oranges

Veal Scallopini  
Rice Pilof  
Broccoli  
Dinner Roll  
Carmel Apple Cake

Tuesday

Cranberry Juice  
Scrambled Eggs  
with Bacon  
White Toast  
and Jelly

Bar-B-Q Beef  
Sweet Potatoes  
Cole Slaw  
Fruit Cocktail

Chicken Parmesean  
Pasta  
Tossed Salad  
Dinner Roll  
Sliced Pears

Wednesday

Orange Juice  
Rice Krispies  
Sliced Banana  
Bran Muffins

Hot Turkey Sandwich  
with Gravy  
Roasted Corn  
Orange Cranberry Mold

V-8 Juice  
New England Boiled Dinner  
Potatoes  
Sliced Carrots  
Biscuit  
Blueberry Fruit Whip

Thursday

Pineapple Juice  
Pancakes  
Maple Syrup

Chicken Salad  
Croissant  
Pasta Salad  
Chocolate Pudding

Stuffed Cabbage  
Mashed Potatoes  
Buttered Bread  
Angel Food Cake  
with Peaches & Topping

Friday

Grape Juice  
Scrambled Eggs  
Whole Wheat Toast  
and Jelly

Split Pea Soup  
Grilled Swiss Cheese  
Sandwich  
Pickle Chips  
Sliced Pears

Fish Filet  
Tarter Sauce  
Red Skin Potatoes  
Broccoli/ Cauliflower  
Corn Bread  
Peanut Butter Bar

Saturday

Cranberry Juice  
Oatmeal  
White Toast  
and Jelly

Apple Juice  
Sausage, Peppers & Onions  
Buttered Noodles  
Garlic Bread  
Strawberry Yogurt

Tossed Salad w/ Dressing  
Meatloaf with Gravy  
Mashed Potatoes  
Dinner Roll  
Ice Cream

Sunday

Apple Juice  
Cornflakes  
Sliced Banana  
White Toast

Chicken Kiev  
Mashed Potatoes  
and Gravy  
Baby Carrots  
Dinner Roll  
Banana Cream Pie

Beef Vegetable Soup  
Hot Pastrami  
Dole Fruit Salad