

# NUTRITIOUS MEALS

## SAMPLE MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break-fast	Oatmeal or Grits Puff Pastry/White or Wheat Toast Bacon Fresh Fruit	Dippy Eggs Ham White Or Wheat Toast Fresh Fruit	Scramble Eggs Belgian Waffle Strawberries Bacon White or Wheat Toast	Pancakes Sausage Pattie Hard Boiled Eggs Toast Banana	Ham & Cheese Omelet Hashbrowns White or Wheat Toast Fresh Fruit	Cream of Wheat Berries Bacon White or Wheat Toast Fried Eggs	Biscuits & Gravy Eggs your way Toast Orange Sausage
Lunch	Spaghetti & Meat Balls Garden Salad Sliced Pears Garlic Bread Gelato	Pepper Steak Green Beans Rice Fruit Cocktail Chocolate Cake	Turkey Mash Potatoes Gravy Cranberry Sauce Stuffing Pumpkin Pie	Pork Chop Glazed Carrots Sliced Melon Biscuit Strawberry Short Cake	Shrimp Alfredo Zucchini Bread Stick Apricots Carrot Cake	Baked Cod Or Chicken Cole Slaw Baked Potatoes Diced Peaches Key Lime Pie	Baked Ham Sweet Potatoes Dinner Roll Mixed Berries Apple Pie
Dinner	Cream Of Broccoli Soup W/ Egg Salad Sandwich Bake Apple Crisp	Deli Ham Swiss on Marble Rye Sandwich W/Cup Vegetable Soup Pudding fluff	Chicken Noodle Casserole Three bean Salad Corn Bread Assorted Cookies	BLT Sandwich Pea Salad Potato Wedge Ice cream Sundae	Creamy Potato Soup Sub Sandwich W/ Turkey & Cheese Cup Cake	Bratwurst Grilled Onion Sauerkraut German Potato Salad Watermelon	Old Fashioned Liverwurst W/ Onion on Bread or Crackers Hash Browns Lemon Pie



Delicious



Bon Appetit



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