

RESIDENTS FALL/WINTER CYCLE MENUS

WEEK 1

10/26, 11/16, 12/7, 12/28, 1/18, 2/8, 3/1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Orange Juice Cold Cereal or Oatmeal Scrambled Eggs English Muffin Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Hard Boiled Egg Variety Muffin Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Omelet Raisin Toast Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Pancakes Sausage Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Scrambled Eggs w/ Cheddar Cheese Coffee Cake Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Hard Boiled Egg Croissant Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Scrambled Eggs Wheat Toast Milk Coffee or Tea
L U N C H	Chicken Cacciatore over Gemelli Pasta Garlic Bread Stick Cake w/Plum Topping Milk Coffee or Tea	Meatloaf Mashed Potato Peas Carrots&Onions Peach Slices Milk Coffee or Tea	Glazed Virginia Ham Fresh Sweet Potato Whole Kernel Corn Apple Betty Milk Coffee or Tea	Beef Stroganoff Egg Noodles Broccoli Pear Slices Milk Coffee or Tea	Sweet & Sour Chicken Steamed White Rice Stir Fry Vegetables Pecan Pie Milk Coffee or Tea	Veal Marsala Potato Wedges Italian Blend Vegetable Fruit Cocktail Milk Coffee or Tea	Roast Turkey Stuffing Primavera Vegetable Mince Meat Pie Milk Coffee or Tea
A L T	Stuffed Salmon Herbed Rice Carrots	Pastrami Rueban Cole Slaw	Stuffed Peppers Waxed Beans	Baked Chicken Leg Creamed Spinach	Calves Liver & Onions Mash Potato Peas	Fried Flounder Filet Cauliflower	Stuffed Shells Italian Beans
D I N N E R	Cauliflower Bisque Turkey Salad on Pumpernickle BlkBean Salad Tropical Fruit Cup Milk Coffee Or Tea	Corn Chowder Bacon Onion Quiche Zucchini Black Forest Cake Milk Coffee or Tea	Cream of Winter Veg Macaroni & Cheese PrinceEdwardVegetable Peaches Milk Coffee or Tea	Lentil Soup Beer Battered Fish Baked Beans Seasoned Carrots Carmel Bread Pudding Milk Coffee or Tea	VegetableBarley Soup Egg Salad on Wheat Green Bean Veg Sald Mandarin Oranges Milk Coffee or Tea	NewEngland Clam Chowder Chick Salad on Marble Pasta Vegetable Salad Banana Cream Pie Milk Coffee or Tea	ChickenSoupw/Nood Hamburger on Bun Lettuce, Tomato, Pickle Spears French Fries Fruited Gelatin Milk Coffee or Tea
A L T	Liverwurst on Rye Lettuce and Onion	Beef Hot Dog w/texas wiener sauce on the side	Chicken Tenders Mash Potatoes	BBQ Riblet Mashed Potatoo	Creamed Chicken & Veg on a Biscuit	Beef Stew Soft Roll	Grilled Turkey & Cheese on Rye Cole Slaw

Sep-08 **PrinceEdward:Gr.Bean/Carrots/YellowBean

**ItalianBld:Caulif/Zucchini/LimaBean/Carrt/RedPepp **Primavera:GrBean/Zucc/caul/Carrt/RedPepp

RESIDENT'S 2007 SPRING & SUMMER MENUS

WK 2

5/6, 5/27, 6/17, 7/8, 7/29, 8/2, 9/2, 9/23, 10/14

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Orange Juice Cold Cereal or Cream of Wheat Scrambled Eggs Wheat Toast Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Hard Boiled Eggs Variety Muffin Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Scrambled Eggs Raisin Bread Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal French Toast Bacon Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Hard Boiled Eggs Coffee Cake Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Scrambled Egg Croissant Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Hard Boiled Egg English Muffin Milk Coffee or Tea
L U N C H	Spaghetti & Meatballs Italian Roll Chefs Bld Vegetable Garlic Bread Baked Apples Milk Coffee or Tea	Corned Beef Smashed Red Potato Carrots&Cabbage German Choc Cake Milk Coffee or Tea	Beef & Broccoli Teriyaki Brown Rice Peaches & Cream Milk Coffee or Tea	Roast Pork Potato Pancakes Applesauce Succotash Blueberry Pie Milk Coffee or Tea	Chicken Veg Stirfry Lo Mein Noodle Pineapple Up-side Down Cake Milk Coffee or Tea	Stuffed Fish Rice Pilaf Broccoli & Carrots Citrus Jello & fruit dessert Milk Coffee or Tea	Baked "Meatless" Ziti Tomato Sauce Italian Beans Garlic Bread Peach Melba Milk Coffee or Tea
A L T	Western Quiche (Ham,Peppers&Onion) Asparagus	Baked Alaskan Fish Fillet Brittany Bld Veg **	Chicken Francaise Peas & Mushrooms	Tortellini & Shrimp Primavera Primavera Veg **	Sliced Flank Steak Baked Potato Creamed Spinach	Chicken Wings Potato Chips Cucumber&Onion Sld	Roast Beef Sandwich Mixed Bean Salad
D I N N E R	Cauliflower Soup Meatloaf Sandwich Mixed Bean Salad Oatmeal Raisin Cookie Milk Coffee or Tea	Chicken Veg Soup Cheese Pizza Tossed Salad Watermelon Milk Coffee or Tea	New England Clam Chowder BBQ Chicken Thighs Mashed Potatoes Green & Yellow Bean Carrot Cake Milk Coffee or Tea	Broccoli Cheddar Cheese Soup Fish On a Bun Lettuce & Tomato Pears Milk Coffee or Tea	Italian Meatball Soup Mixed ColdCut Sub Pickeled Beets Fruit Cocktail Milk Coffee or Tea	Beef Vegetable Soup Cheeseburger Lettuce & Tomato French Fries Apple Pie V-8 Juice Soft Roll	Summer Corn Chowder Chicken Tenders Pasta w/cheese sce Carrot Coins Choc Chip Cookie Milk Coffee or Tea
A L T	Turkey Salad on Bun Cucumber Salad Cinnamon Custard	Beef Pot Pie Caulifornia Veg **	Bologna On Rye Tomato & Red Onion Salad	Pancakes w/Fruit Sauce Sausage Links	Hot Dog on Bun Baked Beans Green Beans	Seafood Salad Plate w/Hard Cooked Egg, Let/tom &Mac Salad	Egg Salad on Wheat Coleslaw

2007 Spring&Summer **BrittanyBld:Brocc/Carrot/Caulif/Zucc **Caliofornia:Brocc/Caulif/Carrot **Priamvera:Pepper/Onion/Bean/Zucc/Caulif/Carrot/Brocc

RESIDENT'S 2007 SPRING & SUMMER MENUS

WEEK 3

5/13, 6/3, 6/24, 7/15, 8/19, 9/9, 9/30, 10/21

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Orange Juice Cold Cereal or Oatmeal Scrambled Eggs Wheat Toast Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Hard Boiled Egg Variety Muffin Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Scrambled Egg Raisin Toast Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Pancakes w/ Sausage Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Omelet Coffee Cake Milk Coffee or Tea	Orange Juice Cold Cereal Cream of Wheat Scrambled Eggs w/ Cheddar Cheese Croissant Milk Coffee or Tea	Orange Juice Cold Cereal Oatmeal Hard Boiled Eggs Breakfast Donut Milk Coffee or Tea
L U N C H	Veal & Peppers Diced Herb Potato Green Beans Coconut Cream Pie Milk Coffee or Tea	Chicken Parmesan Pasta Carrots Bread Stick Lemon Meringue Pie Milk Coffee or Tea	Seafood Newburg Seasoned Rice Asparagus Fruit Crisp Milk Coffee or Tea	Pork Medallions w/ a brown sauce Parslied Potato Red Cabbage Fruit Cocktail Milk Coffee or Tea	Chicken Stroganoff Egg Noodles PortO'Call Bld Veg ** Diced Pears Milk Coffee or Tea	Breaded Flounder Potato Wedge Carrots Vanilla Pudding Milk Coffee or Tea	JitterBug (Hamburger openfaced w/gravy) Mashed Potato FreshZucchini& Yellow Squash Cheesecake Milk Coffee or Tea
A L T	Chili served over Rice	Bratwurst&Kraut Potato Dumplings	Roast Leg of lamb Rosemary Potato Vegetable Du Jour	Linguini & Shrimp w/garlic & oil Broccoli	Vegetable Lasagna	Pork Fried Rice V-8	Cornish Game Hen Brussel Sprouts
D I N E R	PotatoLeek & Bacon Soup Chicken Sandwich on a Bun VersailleBlend Veg ** Fig Newton Milk Coffee or Tea	Chicken Rice Soup Ham Salad on Pump- ernickle Bread Pickled Beet Salad Peach Slices Milk Coffee or Tea	SpringVegetableSoup HoneyGlazed Chicken Leg Mashed Potato Mixed Vegetable Mandarin Oranges Milk Coffee or Tea	Black Bean Soup Shrimp&SeafoodSalad on a Croissant Tomato & Lettuce ChocolateCream Pie Milk Coffee or Tea	Cream Carrot&Ginger Soup Roast Beef/Kaiser Roll Green / Yellow Bean vinegarette OrangeCranberryCake Milk Coffee or Tea	GarbonzoBean & Tomato Soup Hot Dog on Bun Baked Beans Kraut Apricots & Prunes Milk Coffee or Tea	Split Pea Soup Grilled Turkey & Cheese on Rye Marinated Tomato Sld Fresh Melon Milk Coffee or Tea
A L T	Tuna & Pasta Salad Cold Plate	CreamCheese& Jelly on Raisin Bread 3 Bean Salad	Chef Salad w/ Soft Roll	Chicken Fingers String Bean/RedPep w/Pasta	Tuna Salad on Rye V-8 Juice	Cheese Blintz w/ fruit sauce	Egg Salad on a Bun V-8 Juice

5-Jul-06 ** Versaille Blend:Green&Yellow Beans with Baby Carrots

** Port O'Call Blend:Broccoli, Gr.Beans, Carrots& Red Peppers