

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST						
	Hot or Cold Cereal Cinnamon Roll Bacon	Hot or Cold Cereal Homestyle Waffle Scrambled Eggs	Hot or Cold Cereal Bacon Coffee Cake	Hot or Cold Cereal Scrambled Eggs Buttermilk Biscuit	Hot or Cold Cereal Cheese Omelet Hash Brown Patty	Hot or Cold Cereal French Toast Sticks Scrambled Eggs	Hot or Cold Cereal Hard Boiled Egg Apple Danish
	LUNCH						
	Beef Stew Whole Baby Carrots Biscuit Cookie	Grilled Chicken Breast Sandwich w/ Lettuce, Tomato & Onion Sweet Potato Fries Mixed Fruit	Broccoli Cheese Soup Dinner Roll Chocolate Chip Cookie	Spaghetti w/ Meat Sauce Garlic Texas Toast Corn Italian Ice	Chicken Noodle Soup Fresh Baked Roll Chilled Peaches	Hawaiian Roll with Ham, Cheddar Cheese Cherry Tomatoes Cucumber Slices Pineapple/mandarin/orange cup	Hot Dog Baked Beans Potato Salad Ice Cream
♥ Healthy Lower salt and fat	Beef Stew Meal	Grilled Chicken Breast Sandwich Meal	Broccoli Cheese Soup Dinner Roll Chocolate Chip Cookie	Spaghetti w/ Meat Sauce Meal	Chicken Noodle Soup Meal	Hawaiian Roll with Turkey Cheddar Cheese	Grilled Chicken Breast on Bun with Meal
CCHO (diabetic)	Beef Stew Meal	Grilled Chicken Breast Sandwich Meal	Broccoli Cheese Soup Dinner Roll Chocolate Chip Cookie	Spaghetti w/ Meat Sauce Meal	Chicken Noodle Soup Meal		Hot Dog Meal
♥ 2GRAM Salt restricted	Beef Roast Mashed Potatoes Whole Baby Carrots	Grilled Chicken Breast Sandwich Meal	Broccoli Cheese Soup Dinner Roll Chocolate Chip Cookie	Spaghetti w/ Meat Sauce Meal	Low Sodium Chicken Noodle Soup Fresh Baked Roll Chilled Peaches	Hawaiian Roll with Turkey Cheddar Cheese	Grilled Chicken Breast on Bun with Meal
ALT	Beef Roast	Hamburger	Chicken Noodle Soup	Fruit Plate w/ Cottage Cheese	Tomato Soup w/ Fresh Baked Roll	Chicken Noodle Soup	Fruit Plate w/ Cottage Cheese
	DINNER						
	Sweet & Sour Chicken Rice Vegetable Blend Orange Pineapple Swirl	Bourbon Pork Chop w/ Apples Stuffing Cauliflower Pumpkin Pie	Ham Slice Scalloped Potatoes Peas Warm Cinnamon Apple Slices	Roasted Turkey Mashed Potatoes Italian Green Beans Cream Puff	Beef Stroganoff Egg Noodles Red Cabbage Wheat Roll Apple Pie	Dill Glazed Salmon Long Grain & Wild Rice Italian Vegetable Blend Turnover	Salisbury Steak Cheesy Mashed Potatoes Honey Glazed Carrots Peanut Butter Bar
♥ Healthy Lower Salt and fat	Sweet & Sour Chicken	Bourbon Pork Chop Meal	Pork Tenderloin	Turkey Meal	Beef Stroganoff Meal	Salmon Meal	Salisbury Steak Meal
CCHO (diabetic)	Sweet & Sour Chicken	Bourbon Pork Chop Meal	Ham Slice Meal	Turkey Meal	Beef Stroganoff Meal	Salmon Meal	Salisbury Steak Meal
♥ 2GRAM Salt restricted	Sweet & Sour Chicken	Pork Chop Baby Reds Cauliflower	Pork Tenderloin		Beef Stroganoff Meal	Salmon Meal w/ White Rice	Salisbury Steak Meal
ALT	Baked Chicken Breast	Baked Chicken Breast	Pork Tenderloin	Beef Roast	Turkey Slice	Meatloaf	Pork Roast
	SNACK						
	YOGURT JUICE	LOW FAT MILK COOKIE	PEANUT BUTTER CRACKERS JUICE	GRAHAM CRACKERS LOW FAT MILK	PUDDING CUP JUICE	COOKIE LOW FAT MILK	TEDDY GRAHAMS LOW FAT MILK

IF YOU WOULD LIKE AN ALTERNATE PLEASE NOTIFY DIETARY
BY 11:00AM FOR LUNCH AND 4:00PM FOR DINNER AT EXTENSION 227

ALWAYS AVAILABLE AS ALTERNATE- FRUIT PLATE WITH A PROTEIN OR CHEF SALAD