



Monday

BREAKFAST

Bagels

LUNCH

Chicken Breast with Gravy & Roasted Potatoes or Lamb Gyro with Tzatziki Sauce & Pita Bread, Green Beans & Cucumber/Tomato/Onion Salad

DINNER

Spaghetti with Meat Sauce or Tilapia with Citrus Sauce, Rice, Broccoli, Garden Salad & Garlic Baguette

Tuesday

BREAKFAST

Pancakes

LUNCH

Deli Sandwich with House Chips or Pork Chop with Mustard Sauce, Barley, Peas & Corn, & Mixed Salad

DINNER

Top Sirloin with Quinoa or Cheese Tortellini with Alfredo Sauce, Green Beans & Cauliflower, Garden Salad & Dinner Roll

Wednesday

BREAKFAST

Biscuits & Gravy

LUNCH

Turkey and Beef Tacos, Spanish Rice, Seasoned Black Beans, Lettuce & Tomato

DINNER

Salmon Fillet with Lemon Wedges or Chicken Breast with Mushroom Sauce, Potatoes Au Gratin or Orzo Pasta, Asparagus, Garden Salad & Toasted Baguette

Thursday

BREAKFAST

Scones

LUNCH

Ham Steak with Pineapple Chutney, Sweet Potatoes & Green Beans or Chopped Salad with Egg, Cheese, Croutons, Tomato, Onion Cucumber & Carrot and Bread roll

DINNER

Jamaican Jerk Chicken Breast with Rice or Salisbury Steak with Mashed Potatoes & Gravy, Cabbage & Carrots, Garden Salad & Dinner Roll

Friday

BREAKFAST

Waffles

LUNCH

Turkey Burger or Frankfurter with Potato Salad, Mixed Green Salad & Fruit

DINNER

Chile Lime Cod with Brown Rice or Pork Chop with Teriyaki Sauce, Noodles, Stir Fry Vegetables, egg roll, Garden Salad & Dinner Roll

Saturday

BREAKFAST

Muffins

LUNCH

Marinated Chicken or Steak Fajitas with Flour Tortillas, Spanish Rice, Corn & Bean Salsa, & Garden Salad

DINNER

Beef Chili con Carne with Rice or Turkey Cutlet with Pesto Penne, Peas & Carrots & Spinach Salad

Sunday

BREAKFAST

French Toast

LUNCH

French Bread Pizza or Sliced Roast Beef with Gravy, Roasted Potatoes, Zucchini & Yellow Squash, & Romaine Salad

DINNER

BBQ Brisket or Blackened Catfish, Corn on the Cob, Macaroni & Cheese, Coleslaw, Baked Beans & Cornbread