

SAMPLE SUMMER MENU



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T		Orange or Cranberry Juice Oatmeal Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Cottage Cheese	Orange or Apple Juice Cream of Wheat Cereal Omelette Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Raisin Toast	Cranberry or Orange Juice Oatbran Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Bran Muffin	Apple or Orange Juice Cream of Wheat Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Bagel & Cream Cheese	Orange or Cranberry Juice Oatmeal Cereal Poached Eggs Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter English Muffin	Cranberry or Orange Juice Cream of Wheat Cereal Scrambled Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Pancakes & Syrup	Apple or Orange Juice Oatmeal Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Bacon
	AM	<i>White Grape Juice</i> <i>Tomato Juice</i>	<i>Apple Juice</i> <i>Cranapple Juice</i>	<i>Orange Juice</i> <i>V-8 Juice</i>	<i>Peach Juice</i> <i>White Grape Juice</i>	<i>Cranapple Juice</i> <i>Tomato Juice</i>	<i>Pineapple Juice</i> <i>Apple Juice</i>	<i>Cranberry Juice</i> <i>V-8 Juice</i>
D I N N E R		Whiskey Braised Ribs Baked Potato Buttered Corn Ice Cream Sundae OR Cappelletti-Rose Sauce Roasted Zucchini Fruit Cocktail	Roasted Chicken Mashed Potatoes Sliced Carrots Chocolate Tart OR Pork Kebab & Tzatziki Lemon Roasted Potatoes Mixed Grilled Summer Veg Mango	Smothered Chicken Cutlet Mashed Potatoes Mixed Vegetables Fruit Salad Fluff OR Country Meatloaf-Gravy Boiled Potatoes Cauliflower Papaya	Steak & Mushrooms Twice Baked Potatoes Asparagus Berry Crumble  OR Fish Cake-Tartar & Lemon Mashed Potatoes PEI Blend Diced Melon	Pesto Salmon Mashed Potato Vegetable Blend Coconut Cream Pie OR Veal Parmesan Cutlet Baked Pasta Italian Sautéed Greens Blueberries	Cheeseburger Fries Broccoli Salad Summer Trifle OR Teriyaki Chicken Thigh Steamed Rice Mixed Vegetables Peaches	Roast Beef with Gravy Baby Roasted Potato Yellow Beans Peach Pie & Ice Cream OR Spinach & Pepper Strata Mixed Green Salad Mixed Berries
	PM	<i>Iced Tea</i> <i>Cherry Turnover Cookie</i>	<i>White Grape Juice</i> <i>Shortbread Swirl Cookie</i>	<i>Fruit Punch Juice</i> <i>Vanilla Wafer Cookie</i>	<i>Lemonade</i> <i>Apple Turnover Cookie</i>	<i>Apple Juice</i> <i>Oatmeal Cookie</i>	<i>Cranberry Juice</i> <i>Chocolate Chip Cookie</i>	<i>Lemonade</i> <i>Blueberry Turnover Cookie</i>
S U P P E R		Potato & Leek Minestrone Beef & Cheddar Melt Curly Fries Mandarin Oranges OR Seafood Salad Plate Caprese Pasta Salad Lemon Pudding	Vegetable Soup Cream of Carrot Scrambled Egg, Bacon, Home Fries & Toast Tomato Slices Peaches  OR Tuna Sandwich with Sweet Pickles Marinated Bean Salad Blueberry Loaf	Chicken Rice Cream of Mushroom Pollock Slider with Tartar Sauce Coleslaw Sliced Watermelon OR Ham Salad Plate Rainbow Vegetable Salad Frozen Yogurt & Berries	Squash Soup Beef Vegetable Turkey, Lettuce & Tomato Sandwich Egg & Potato Salad Apple Sauce OR Garden Vegetable Pasta Baby Greens Salad Chocolate Mousse & Cookie	Cream of Asparagus Country Vegetable Chicken Salad Sandwich Chickpea Tabbouleh Pineapple Tidbits OR Spinach Frittata Chef Salad Strawberry Pudding	Chicken Noodle Creamy Tomato Bisque Egg Salad Cold Plate with a Roll Sunshine Jellied Salad Pears OR Cheese Dreams Mixed Green Salad Buttertart Bar	Turkey with Rice Clam Chowder Ham Salad Sandwich Creamy Cucumber Salad Apricot Halves OR Picnic Chicken with Warm Buttered Roll Orzo Salad Chocolate Éclair
	HS	<i>Apple Loaf w/ Cheese</i> <i>Milk 1%</i>	<i>Keylime Yogurt</i> <i>Milk 1%</i>	<i>Cheese & Crackers</i> <i>Milk 1%</i>	<i>Graham Biscuit w/ Peanut Butter</i> <i>Milk 1%</i>	<i>Hummus & Celery</i> <i>Milk 1%</i>	<i>Potato Chips</i> <i>Milk 1%</i>	<i>Lemon Smooth Cottage Cheese</i> <i>Milk 1%</i>

Prunes, prune juice or Bananas offered at breakfast. Garden salad available at Dinner. Bread, butter, margarine available at dinner and supper. Fresh fruit & plain cookies available at PM & HS nourishment pass
Coffee, tea, water and milk offered at each meal and nourishment. Friday & Saturday non alcoholic Beer & Wine available at HS nourishment pass