

## BREAKFAST

### Sunday

Hard Cooked Egg  
Breakfast Bar (w/oats, raisins, coconut)  
Shredded Wheat  
Oatmeal(w/dried cranberries)  
Pineapple, Orange

### Monday

Pancakes  
Vegetarian Sausage Links  
Oatmeal  
Apricots, Blueberries, Banana

### Tuesday

Whole Wheat English Muffin  
Peanut Butter  
Cheerios  
Raisins, Apricot Halves  
Orange



### Wednesday

Cottage Cheese  
Cinnamon Raisin Bagel w/Cream Cheese  
Chex Cereal or Multi Bran  
Craisins, Banana, Apricot Halves

### Thursday

Poached Eggs  
Hash Browns & Salsa  
Grape Nuts  
Stewed Prunes, Cantaloupe, Red Apple



### Friday

Oat Bran Muffin  
Cheddar Cheese  
Corn Flakes  
Peach Halves, Apricots, Oranges

### Saturday

Vanilla Yogurt  
Oatmeal Raisin Breakfast Cookie  
Fiber One  
Raisins, Tropical Fruit, Banana



## LUNCH

Savory Chicken on Bun  
w/Lettuce & Tomato  
Tossed Salad  
Potato Wedges  
Baby Carrots  
Broccoli  
Veg Option: Garden Burger

Chicken Enchiladas  
Spanish Rice  
Vegetarian Refried Beans  
Chuckwagon Corn  
Corn Bread



Veg Option: Black Bean Enchiladas

Tuna Salad Sandwich on Whole Wheat  
Cabbage & Pepper Slaw  
Macaroni Salad  
Celery Sticks  
Veg Option: Egg Salad Sandwich

Chicken ala King over Biscuits  
Baked Potato w/Margarine & Sour Cream  
Tossed Salad  
Peas and Carrots  
Veg Option: Chickpea ala King

Sweet & Sour Pork  
Brown Rice  
Broccoli Florets  
Tossed Salad with Ranch Dressing  
Whole Wheat Roll w/Margarine  
Banana  
Veg Option: Sweet & Sour Tofu

Sloppy Joe Sandwich  
Tri-Cut Red Potatoes  
Cauliflower  
Sliced Carrots  
Red Apple



Baked Cod with Cucumber Dill Sauce  
Rice Pilaf  
Steamed Broccoli  
Oriental Noodle Salad  
Whole Wheat Roll w/Margarine  
Oranges Strawberry Cheesecake



## DINNER

Sliced Pork Loin Roast with Gravy  
Cous Cous  
Oregon Bean Medley  
Marinated Cucumbers  
Whole Wheat Roll



Breaded Baked Tilapia w/Lemon & Tartar  
Parslied New Potatoes  
Sliced Beets  
Mixed Vegetables

Veg Option:

Meat Loaf  
Mashed Potatoes/Gravy  
Broccoli  
Sliced Carrots  
Whole Grain Roll/Margarine  
Veg Option: Macaroni and Cheese

Spaghetti with Meat Sauce  
Green Beans  
Caesar Side Salad  
French Bread  
Veg Option: Spaghetti w/ Lentils



Herbed Chicken Leg Quarters  
Roasted Red Potatoes  
Spinach Salad  
Zucchini w/Tomatoes & Oregano  
Garlic Bread

Swedish Meatballs  
Rotini Noodles  
Baby Carrots  
Four Bean Salad  
Whole Wheat Roll w/Margarine

Turkey Dijon  
Roasted Red Potatoes  
Mixed Vegetables  
Tossed salad w/Italian Dressing  
Whole Wheat Roll w/Margarine

