

SUMMER MENU CYCLE WEEK 3

DATE:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	ORANGE JUICE GRITS GARDEN OMELET DANISH OR PLAIN DONUT MARGARINE MILK COFFEE / TEA	ORANGE JUICE OATMEAL HARD BOILED SCRAMBLED EGG PEACH MUFFIN MARGARINE MILK COFFEE / TEA	ORANGE JUICE FARINA SCRAMBLED EGG HARD BOILED SAUSAGE PATTY LARGE ROLL MARGARINE / MILK COFFEE / TEA	ORANGE JUICE GRITS HARD BOILED SCRAMBLED EGG HOME FRIES MARGARINE MILK COFFEE / TEA	ORANGE JUICE OATMEAL FRENCH TOAST SYRUP BACON MARGARINE MILK COFFEE / TEA	ORANGE JUICE CREAM OF RICE HARD BOILED SCRAMBLED EGG CRANB ORG MUF MARGARINE MILK COFFEE / TEA	ORANGE JUICE CRM OF WHEAT SCRAMBLED EGG HARD BOILED SAUSAGE PATTY LARGE ROLL MARGARINE /MILK COFFEE / TEA
L U N C H	BEEF VEG SOUP CHSE MANICOTTI TOMATO SAUCE GRATED CHEESE ITAL GRN BEANS ITAL BREAD MARGARINE COOKIES MILK COFFEE / TEA	CHICKEN GUMBO SHRIMP  JAMBALAYA  VEGGIE BLEND WHITE BREAD MARGARINE PEARS MILK COFFEE / TEA	WHITE BEAN SOUP HOT PASTRAMI ON RYE BREAD HONEY MUST SC. HEALTH SLAW FRUIT CRISP MILK COFFEE / TEA Alt Veg: Mix Veg	MINNESTRONE COUNTRY FRIED STEAK SOUTHERN GRVY MASHED POTATO CARROTS CORN BREAD MARGARINE KEY LIME TART MILK/COFFEE/TEA	LENTIL SOUP  CHEF SALAD  DRESSING  GARLIC BREAD STICKS MARGARINE CHOCOLATE BROWNIE MILK COFFEE / TEA	ITAL WEDDNG BEEF  KNOCKWURST MAC & CHEESE BROCCOLI HOT DOG ROLL MARGARINE BK APPLE SLICE MILK COFFEE / TEA	CRM TOMATO PHILLY CHEESE STEAK ON HERO ONIONS/ PEPPERS CHEESE SAUCE STEAK FRIES KETCHUP YOGURT CAKE MILK COFFEE / TEA Alt Veg: Carrots
D I N E R	ITAL SAUSAGE ONION/PEPPERS ON HERO ROLL PASTA SALAD CHERRIES MILK COFFEE / TEA Alt Veg:Grn Bean	VEAL MARSALA SAUCE POLENTA ITAL BLEND VEG ROLL / MARG. SHERBET MILK COFFEE/ TEA	ROAST TURKEY  GRAVY / SAUCE BK SWEET POT PEAS WHEAT BREAD MARGARINE TROP FRUIT MILK COFFEE / TEA	COD FISH CAKE BAKED FISH TARTAR SAUCE WHITE RICE HARVARD BEETS RYE BRD / MARG. MAND. ORANGES MILK COFFEE / TEA	CORNEB BEEF BEER SAUCE RST RED POTATO SAUERKRAUT WHEAT BREAD MARGARINE FRUIT COCKTAIL MILK COFFEE / TEA Alt Veg:Grn Bean	BBQ CHICKEN  CORN ON COB GARLIC SPINACH BISCUIT MARGARINE PUDDING MILK COFFEE / TEA	PEPPERONI PIZZA WAX/GRN BEAN SALAD APRICOTS MILK COFFEE / TEA
ALTERNATES:	LIVERWURST/RYE  YOGURT / FRESH FRUIT PARFAIT BRDED CHICKEN GRILLED CHEESE	CRM CHEESE & JELLY/RAISIN BD YOGURT / FRESH FRUIT PARFAIT BRDED CHICKEN GRILLED CHEESE	BOLOGNA/WHEAT YOGURT / FRESH FRUIT PARFAIT BRDED CHICKEN GRILLED CHEESE	TURKEY SLD PLATTER YOGURT / FRESH FRUIT PARFAIT BRDED CHICKEN GRILLED CHEESE	EGG SLD/WHEAT YOGURT / FRESH FRUIT PARFAIT BRDED CHICKEN GRILLED CHEESE	TUNA SALAD PLATTER YOGURT / FRESH FRUIT PARFAIT BRDED CHICKEN GRILLED CHEESE	HAM ON WHEAT YOGURT / FRESH FRUIT PARFAIT BRDED CHICKEN GRILLED CHEESE
...	All Cold Cuts (except Salami and Liverwurst) are low fat, low sodium items.				*** All Gravies and Sauces are low salt.		
...	All salads (chicken, egg, turkey, tuna) are made with low fat mayonnaise.						
...	All Soups are low sodium and are reduced in fat				 Denotes healthier food item		