

**WEEK 1**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**BREAKFAST**



**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
HAM  
BLUEBERRY MUFFIN

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
PANCAKES WITH SYRUP  
SAUSAGE

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
CORN MUFFIN  
\*HARD BOILED EGGS

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL CORN FLAKES  
SPECIAL K CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
FRENCH TOAST  
BACON

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
CHEESE DANISH  
SAUSAGE

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL CORN FLAKES  
SPECIAL K CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
HARD BOILED EGG  
BACON

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
SCRAMBLED EGGS  
BAGEL w/ CREAM CHEESE

**DINNER**



**THE GREAT BEGINNING**

GARDEN SALAD

**THE MAIN FARE**

1. ROAST BEEF WITH GRAVY, MASHED POTATOES AND CALIFORNIA VEGETABLES
2. EGGPLANT PARMASAN AND FRENCH BREAD♥

**SWEET TREATS**

PUMPKIN PIE  
\*SLICED PEACHES\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOMATO AND CUCUMBER SALAD

**THE MAIN FARE**

1. BAKED VIRGINIA HAM WITH BAKED SWEET POTATO AND GREEN PEAS♥
2. PHILLY CHEESESTEAK SANDWICH WITH COLESLAW AND PICKLES ON THE SIDE

**SWEET TREATS**

\*LEMON POPPY LOAF CAKE\*  
CHOCOLATE PUDDING  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

BEEF SALAD

**THE MAIN FARE**

1. BAKED CHICKEN, PARSLIED POTATOES AND SPINACH♥
2. STUFFED GREEN PEPPERS, PARSLIED POTATOES AND SPINACH

**SWEET TREATS**

YELLOW CAKE W/CHOCOLATE ICING  
\*RAINBOW SHERBET\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

MOZZARELLA AND TOMATO SALAD

**THE MAIN FARE**

1. BEEF SHORT RIBS WITH MASHED POTATOES AND BRUSSEL SPROUTS♥
2. SEAFOOD SALAD PLATTER AND DINNER ROLLS

**SWEET TREATS**

COCONUT CUSTARD PIE  
\*BREAD PUDDING\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOSSED SALAD

**THE MAIN FARE**

1. 1.SHRIMP ALFREDO WITH BROCCOLI♥
2. BARBECUE CHICKEN WITH MACARONI AND CHEESE AND BROCCOLI

**SWEET TREATS**

TROPICAL FRUIT\*  
BROWNIES  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

WALDORF SALAD

**THE MAIN FARE**

1. BAKED TILAPIA WITH BOILED POTATOES AND LIMA BEANS♥
2. ROAST PORK WITH BOILED POTATOES AND LIMA BEANS

**SWEET TREATS**

PINEAPPLE UPSIDE DOWN CAKE  
BANANA PUDDING  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

THREE BEAN SALAD

**THE MAIN FARE**

1. MEATLOAF WITH MASHED POTATOES AND MIXED VEGETABLES♥
2. GRILLED REUBEN SANDWICH WITH COLESLAW

**SWEET TREATS**

LEMON LOAF  
BLUEBERRY PIE\*  
ICE CREAM or JELL-O

**SUPPER**



**THE GREAT BEGINNING**

CHICKEN NOODLE SOUP

**THE MAIN FARE**

1. CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO♥
2. HERB AND LEMON FISH FILET, RICE PILAF AND FRENCH GREEN BEANS

**SWEET TREATS**

\*ECLAIRS\*  
APPLESAUCE CAKE  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

MINSTRONE SOUP

**THE MAIN FARE**

1. BRAISED BEEF TIPS WITH BUTTERED NOODLES AND CARROT COINS♥
2. OPEN FACED TURKEY SANDWICH WITH CARROT COINS

**SWEET TREATS**

\*POUND CAKE\*  
\*BLUEBERRY PIE\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CREAM OF MUSHROOM

**THE MAIN FARE**

1. SPANISH OMELET WITH HOME FRIES AND DINNER ROLLS♥
2. TUNA SALAD PLATTER WITH LETTUCE AND TOMATO

**SWEET TREATS**

\*PEAR HALVES\*  
RICE PUDDING  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

SPLIT PEA SOUP

**THE MAIN FARE**

1. STUFFED SHELL WITH FRENCH GREEN BEANS
2. HAM AND CHEESE SANDWICH ON RYE BREAD WITH LETTUCE AND TOMATO♥

**SWEET TREATS**

\*OATMEAL COOKIES\*  
\*MANDARIN ORANGES\*  
ICE CREAM or JELL-O

**THE GREAT BEGINNING**

TURKEY NOODLE SOUP

**THE MAIN FARE**

1. CHICKEN POT PIE WITH SIDE PASTA SALAD♥
2. CHEF SALAD WITH DINNER ROLLS

**SWEET TREATS**

AMBROSIA  
\*POUND CAKE\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

MANHATTAN CLAM CHOWDER SOUP

**THE MAIN FARE**

1. CHEESE OMELET WITH BAKED TOMATO HALVES♥
2. SAUSAGE AND PEPPERS WITH RICE

**SWEET TREATS**

DEVIL FOOD CAKE  
\*MIXED FRUIT\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOMATO RICE SOUP

**THE MAIN FARE**

1. BACON AND CHEESE QUICHES WITH DINNER ROLLS♥
2. CHEESE RAVIOLI WITH GARLIC BREAD AND VEGETABLE MEDLEY

**SWEET TREATS**

PEANUT BUTTER COOKIES  
\* LEMON MERINGUE PIE\*  
\*ICE CREAM or JELL-O\*

**WEEK 2****SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****BREAKFAST****THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS  
BACON  
BLUEBERRY MUFFIN

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS  
BACON  
BAGELS

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS  
SLICED HAM  
BAGELS

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS  
DONUT  
SAUSAGE LINKS

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS  
FRENCH TOAST  
BACON

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS  
BAGELS  
SAUSAGE LINKS

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS  
BACON  
PANCAKE WITH SYRUP

**DINNER****THE GREAT BEGINNING**

TOSSED SALAD

**THE MAIN FARE**

1. ROAST TURKEY WITH STUFFING AND GRAVY CRANBERRY SAUCE AND BROCCOLI
2. SEAFOOD PRIMAVERA WITH DINNER ROLLS

**SWEET TREATS**

CARROT CAKE  
\*SLICED PEARS\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CUCUMBER AND TOMATO SALAD

**THE MAIN FARE**

1. BAKED PORK CHOP WITH GRAVY, MASHED POTATOES AND SEASONED SPINACH
2. BBQ CHICKEN, MASHED POTATO AND SEASONED SPINACH

**SWEET TREATS**

BANANA CREAM PIE  
\*TROPICAL FRUIT\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CARROT RAISIN SALAD

**THE MAIN FARE**

1. YANKEE POT ROAST, MASHED POTATOES WITH GRAVY, STRING BEANS AND JULIENNE VEGETABLES
2. MACARONI AND CHEESE AND STEWED TOMATO

**SWEET TREATS**

ECLAIR  
\*VANILLA PUDDING\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

BEET SALAD

**THE MAIN FARE**

1. LEMON HERB CHICKEN, PARSLIED POTATO AND GREEN PEAS
2. CHICKEN LIVER WITH ONIONS, PARSLIED POTATO AND GREEN PEAS

**SWEET TREATS**

\*APPLE PIE\*  
\*BUTTER SCOTCH PUDDING\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOSSED SALAD

**THE MAIN FARE**

1. SPAGHETTI AND MEATBALLS WITH ITALIAN VEGETABLES AND GARLIC BREAD
2. CHICKEN MARSALA OVER RICE WITH ITALIAN VEGETABLES

**SWEET TREATS**

\*BLUEBERRY YOGURT LOAF\*  
ICE CREAM  
BOSTON CREAM PIE

**THE GREAT BEGINNING**

TOMATO SALAD

**THE MAIN FARE**

1. FILET OF SOLE WITH MASHED POTATO AND FRENCH GREEN BEANS
2. OPEN FACED ROAST BEEF SANDWICH WITH GRAVY AND FRENCH GREEN BEANS

**SWEET TREATS**

\* CARROT CAKE\*  
RICE PUDDING  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

MIXED GREEN SALAD

**THE MAIN FARE**

1. PEPPER STEAK, BOILED POTATOES, AND CARROTS
2. PORK LOIN WITH APPLESAUCE, BOILED POTATO AND CARROTS

**SWEET TREATS**

ORANGE CAKE  
\*SLICED PINEAPPLES\*  
\*ICE CREAM or JELL-O\*

**SUPPER****THE GREAT BEGINNING**

CHICKEN RICE SOUP

**THE MAIN FARE**

1. TURKEY AND CHEESE SANDWICH AND PASTA SALAD ♥
2. TAYLOR HAM MELT ON A BUN WITH PASTA SALAD

**SWEET TREATS**

\*COCOLATE CHIP COOKIES\*  
\*BAKED APPLES\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CORN CHOWDER SOUP

**THE MAIN FARE**

1. BAKED ZITI WITH FRENCH STYLE GREEN BEANS AND GARLIC BREAD
2. CHICKEN SALAD PLATTER WITH LETTUCE AND TOMATO ♥

**SWEET TREATS**

APPLE CRISP  
\*POUND CAKE\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

VEGETABLE MEDLEY SOUP

**THE MAIN FARE**

1. HAM AND CHEESE MELT ON BUN WITH MACARONI SALAD
2. BAKED SALMON WITH BAKED POTATO, SOUR CREAM AND CORN

**SWEET TREATS**

COCONUT CAKE  
\*SPICED APPLE SAUCE\*  
\*ICE CREAM or JELLO\*

**THE GREAT BEGINNING**

SEAFOOD CHOWDER SOUP

**THE MAIN FARE**

1. FRIED SHRIMP WITH FRENCH FRIES AND COLE SLAW ♥
2. BEEF STEW WITH RICE

**SWEET TREATS**

\*SLICED PEACHES\*  
\*CHOCOLATE CHIP COOKIES\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

NEW ENGLAND CLAM CHOWDER SOUP

**THE MAIN FARE**

1. TURKEY SALAD SANDWICH WITH LETTUCE AND TOMATO ♥
2. SALISBURY STEAK WITH MASHED POTATO AND MIXED VEGETABLES

**SWEET TREATS**

FRUIT PARFAIT  
\*PEACH PIE\*  
ICE CREAM or JELL-O

**THE GREAT BEGINNING**

CHICKEN RICE SOUP

**THE MAIN FARE**

1. EGGPLANT ROLLATINI AND FRENCH BREAD ♥
2. SPINACH QUICHE WITH SIDE PASTA SALAD

**SWEET TREATS**

\*FRUIT CUP\*  
SHERBERT  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

LENTIL SOUP

**THE MAIN FARE**

1. BAKED CHICKEN WITH MASHED POTATOES AND BROCCOLI
2. BEEF MACARONI WITH BROCCOLI AND GARLIC BREAD

**SWEET TREATS**

BROWNIE  
\*TAPIOCA PUDDING\*  
\*ICE CREAM or JELL-O\*

**WEEK 3****SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
CHEERIOS OATMEAL  
CORN FLAKES SPECIAL K

**THE MAIN FARE**

EGG BEATERS♥  
SAUSAGE  
BANANA MUFFIN

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL CORN FLAKES  
SPECIAL K CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
HARD BOILED EGGS  
BACON  
CORN MUFFIN

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL SPECIAL K  
CHEERIOS CORN FLAKES

**THE MAIN FARE**

EGG BEATERS♥  
CRANBERRY MUFFIN  
SAUSAGE

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL CORN FLAKES  
SPECIAL K CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
SCRAMBLED EGGS  
SLICED HAM

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL CHEERIOS  
CORN FLAKES SPECIAL K

**THE MAIN FARE**

EGG BEATERS♥  
BLUEBERRY MUFFIN  
SAUSAGE

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL CORN FLAKES  
SPECIAL K CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
PANCAKES  
BACON

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

CREAM OF WHEAT  
OATMEAL CORN FLAKES  
SPECIAL K CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
HARD BOILED EGG  
CINNAMON DANISH  
BACON

**BREAKFAST****THE GREAT BEGINNING**

TOSSED SALAD

**THE MAIN FARE**

1. BBQ RIBS, GARLIC POTATOES AND JULIENNE VEGETABLES ..
2. SHRIMP ALFREDO WITH NOODLES AND JULIENNE VEGETABLES

**SWEET TREATS**

YELLOW CAKE w/ CHOCOLATE ICING  
TAPIOCA PUDDING  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOMATO&MOZZARELLA CHEESE SALAD

**THE MAIN FARE**

1. TUNA PLATTER WITH LETTUCE,TOMATO AND POTATO CHIPS ..
2. ROAST LEG OF LAMB WITH MINT JELLY, BOILED POTATOES AND PEAS

**SWEET TREATS**

CHERRY PIE  
SHERBET  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

BEEF SALAD

**THE MAIN FARE**

1. LEMON HERB CHICKEN, PARSLIED POTATO AND GREEN PEAS
2. CHICKEN LIVER WITH ONIONS, PARSLIED POTATO AND GREEN PEAS♥

**SWEET TREATS**

\*APPLE PIE\*  
\*BUTTER SCOTCH PUDDING\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

THREE BEAN SALAD

**THE MAIN FARE**

1. STUFFED CABBAGE WITH MASHED POTATOES AND MIXED VEGETABLES♥
2. SALAMI, HAM, TURKEY, WITH LETTUCE AND TOMATO ON A HOAGIE ROLL AND POTATO CHIPS

**SWEET TREATS**

BANANA CAKE WITH WHITE ICING  
\*SLICED PINEAPPLE w/CHERRIES  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CUCUMBER SALAD

**THE MAIN FARE**

1. YANKEE POT ROAST WITH MASHED POTATO AND BRUSSEL SPROUTS♥
2. CHEF SALAD WITH DINNER ROLL

**SWEET TREATS**

SWEET POTATO PIE  
\*SLICED PEACHES \*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

BEETS SALAD

**THE MAIN FARE**

1. PARMESAN BAKED FISH, YELLOW RICE AND SCANDINAVIAN VEGETABLES ..
2. BEEF LASAGNA WITH FRENCH BREAD

**SWEET TREATS**

CHOCOLATE PUDDING  
APPLE CRUMB CAKE  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CARROT RAISIN SALAD

**THE MAIN FARE**

1. ROAST TURKEY WITH GRAVY, CRANBERRY SAUCE, STUFFING AND FRENCH BEANS ..
2. BAKE ZITI WITH VEGETABLES AND FRENCH BREAD

**SWEET TREATS**

\*APPLE PIE\*  
VANILLA CUP CAKE  
ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

VEGETABLE SOUP

**THE MAIN FARE**

1. FISH FLORENTINE WITH MASHED POTATOES AND SPINACH♥
2. HAM AND CHEESE QUICHE WITH DINNER ROLL

**SWEET TREATS**

\*FRUIT COCKTAIL\*  
POUND CAKE  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

MANHATTAN CLAM CHOWDER

**THE MAIN FARE**

1. TURKEY AND CHEESE JUNIOR CLUB SANDWICH WITH PASTA SALAD♥
2. CHOPPED STEAK WITH MUSHROOMS, PARSLIED POTATOES AND ITALIAN GREEN BEANS

**SWEET TREATS**

BROWNIES  
\*MIXED FRUIT\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CREAM OF BROCCOLI

**THE MAIN FARE**

1. CHEESE BURGER WITH LETTUCE, TOMATO AND POTATO SALAD♥
2. WESTERN OMELET WITH A DINNER ROLL

**SWEET TREATS**

APPLE BETTY  
\*BUTTERSCOTCH PUDDING\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

ITALIAN WEDDING SOUP

**THE MAIN FARE**

1. STUFFED SHELLS WITH FRENCH BREAD AND ITALIAN GREEN BEANS
2. EGG SALAD PLATTER WITH LETTUCE, TOMATO AND CRACKERS

**SWEET TREATS**

SLICED PEARS\*  
COCONUT CUSTARD PIE  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CHICKEN NOODLE SOUP

**THE MAIN FARE**

1. MACARONI AND CHEESE WITH BAKED TOMATO HALVES ..
2. GRILLED CHICKEN BREAST CUTLET ON BUN WITH BAKED TOMATO HALVES

**SWEET TREATS**

ÉCLAIR  
\*OATMEAL RAISIN COOKIES\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CHICKEN RICE SOUP

**THE MAIN FARE**

1. MEAT LOAF, MASHED POTATOES, AND MIXED VEGETABLES ..
2. HAM AND CHEESE ON A BUN WITH PASTA
3. SALAD

**SWEET TREATS**

BROWNIES  
\*MANDARIN ORANGE\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

BEEF RICE SOUP

**THE MAIN FARE**

1. BEEF POT PIE WITH WARM PASTA SALAD♥
2. TUNA SALAD SANDWICH WITH PASTA SALAD

**SWEET TREATS**

\*FRUIT CUP\*  
CHOCOLATE CHIP COOKIES  
\*ICE CREAM or JELL-O\*

**DINNER****SUPPER**

**WEEK 4**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**BREAKFAST**



**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
SCRAMBLED EGGS  
BACON BLUEBERRY MUFFIN

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
HARD BOILED EGGS  
BAGEL WITH CREAM CHEESE

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
PANCAKES  
BACON

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
BACON  
CORN MUFFIN

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
CORN MUFFIN  
BACON

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE  
PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
SCRAMBLED EGGS  
BACON

**THE GREAT BEGINNING**

ORANGE JUICE  
CRANBERRY JUICE  
APPLE JUICE PRUNE JUICE

**TO COMPLIMENT YOUR MEAL**

FARINA OATMEAL  
CORN FLAKES SPECIAL K  
CHEERIOS

**THE MAIN FARE**

EGG BEATERS♥  
HARD BOILED EGGS  
BACON CORN MUFFIN

**DINNER**



**THE GREAT BEGINNING**

MIXED GREEN SALAD

**THE MAIN FARE**

1. VEGETABLE LASAGNA AND FRENCH GREEN BEANS♥
2. POT ROAST WITH BAKED POTATOES AND GREEN BEANS

**SWEET TREATS**

BOSTON CREAM PIE  
\*FRUITED GELATIN\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOMATO SALAD

**THE MAIN FARE**

1. STUFFED PEPPERS WITH MASHED POTATOES AND BROCCOLI♥
2. GRILLED CHEESE WITH HAM AND TURKEY ON WHOLE WHEAT WITH COLE SLAW ON THE SIDE

**SWEET TREATS**

BLUEBERRY YOGURT LOAF  
PEAR HALVES  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOSSED SALAD

**THE MAIN FARE**

1. PASTRAMI ON RYE BREAD WITH PICKLE AND POTATO CHIPS♥
2. PORK CHOPS WITH GRAVY, GERMAN POTATO SALAD AND MIXED VEGETABLES

**SWEET TREATS**

\*ANGEL FOOD CAKE\*  
\*BUTTERSCOTCH PUDDING\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CARROT RAISIN SALAD

**THE MAIN FARE**

1. SPAGHETTI WITH MEAT SAUCE, GARLIC BREAD AND GREEN BEANS♥
2. BRAISED BEEF SHORT RIBS WITH MASHED POTATOES AND GREEN BEANS

**SWEET TREATS**

\*LEMON MERINGUE PIE\*  
RICE PUDDING  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

GARDEN SALAD

**THE MAIN FARE**

1. MANICOTTI AND SAUCE WITH CALIFORNIA VEGGIES AND FRENCH BREAD
2. ROAST PORK WITH BOILED POTATO, CALIFORNIA VEGGIES AND APPLE SAUCE♥

**SWEET TREATS**

CHEESECAKE  
\*SLICED PEACHES\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

GARDEN SALAD

**THE MAIN FARE**

1. STUFFED FISH WITH BOILED POTATO AND CABBAGE♥
2. CORNED BEEF AND CABBAGE WITH BOILED POTATOES

**SWEET TREATS**

SHERBET  
\*OATMEAL RAISIN COOKIES\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

TOSSED SALAD

**THE MAIN FARE**

1. STUFFED PEPPERS WITH MASHED POTATOES AND SPINACH♥
2. BEEF TIPS WITH AU MASHED POTATOES AND SPINACH

**SWEET TREATS**

GERMAN CHOCOLATE CAKE  
\*TROPICAL FRUIT\*  
\*ICE CREAM or JELL-O\*

**SUPPER**



**THE GREAT BEGINNING**

TOMATO SOUP

**THE MAIN FARE**

1. HOT MEAT BALL SANDWICH WITH MACARONI SALAD♥
2. HAM SANDWICH WITH CHEESE AND MACARONI SALAD

**SWEET TREATS**

COCONUT CUSTARD PIE  
\*MANDARIN ORANGES\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CREAM OF SPINACH SOUP

**THE MAIN FARE**

1. HERB BAKED CHICKEN WITH MASHED POTATO AND SUCCOTASH♥
2. WESTERN OMELETTE AND SUCCOTASH

**SWEET TREATS**

BANANA CAKE  
TAPIOCA PUDDING  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

LENTIL SOUP

**THE MAIN FARE**

1. BEEF STEW WITH RICE♥
2. FISH AND CHIPS WITH COLE SLAW AND SWEET POTATO FRIES

**SWEET TREATS**

\*MIXED FRUIT\*  
SWEET POTATO PIE  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

MANHATTAN CLAM CHOWDER

**THE MAIN FARE**

1. BAKED TILAPIA WITH LEMON SAUCE, ROASTED POTATOES AND ZUCCHINI♥
2. CHICKEN SALAD PLATTER WITH LETTUCE, TOMATO AND DINNER ROLLS

**SWEET TREATS**

POUND CAKE W WHIPPED TOPPING  
\*VANILLA PUDDING\*  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CHICKEN NOODLE SOUP

**THE MAIN FARE**

1. BROCCOLI CHEESE STRATA♥
2. CHICKEN FINGERS WITH FRENCH FRIES AND HONEY MUSTARD ON THE SIDE

**SWEET TREATS**

\*SLICED PINEAPPLE\*  
ECLAIRS  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

VEGETABLE SOUP

**THE MAIN FARE**

1. STARWBERRY PANCAKES AND BACON WITH ROASTED POTATOES♥
2. GRILLED TAYLOR HAM WITH CHEESE ON A ROLL WITH MACARONI SALAD

**SWEET TREATS**

\*SLICED PEARS\*  
BROWNIES  
\*ICE CREAM or JELL-O\*

**THE GREAT BEGINNING**

CORN CHOWDER SOUP

**THE MAIN FARE**

1. SWEET AND SOUR PORK OVER RICE
2. TURKEY CLUB SANDWICH WITH POTATO SALAD

**SWEET TREATS**

CHOCOLATE CHIP COOKIES  
\*APPLE SAUCE\*  
\*ICE CREAM or JELL-O\*