

Week 4 Monday

..... **BREAKFAST**

Oatmeal w/Raisins

Savor the creamy quick oatmeal gently folded with plump, juicy raisins for a delightful breakfast.

Country Omelet

Savory country omelet packed with fresh green peppers, mushrooms, onions, and Swiss cheese.

Fresh Grapes

Enjoy a simple, refreshing portion of freshly cleaned, stemless green grapes.

Dry Wheat Toast

Enjoy our classic wheat toast, lightly toasted to a golden brown.

Week 4 Monday

..... **LUNCH**

Three Bean Soup

Saltine Crackers

Chicken & Dumplings

Savory chicken and dumplings, featuring tender chicken and fresh veggies, topped with homemade fluffy dumplings.

Parmesan Lima Beans

Tender lima beans seasoned with a hint of pepper and mixed with melted cheese.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Caramel Apple Slices

Savor the sweetness of baked apples generously topped with rich caramel sauce.

Week 4 Monday

===== DINNER =====

Popcorn Shrimp

Enjoy our crispy popcorn breaded shrimp, a delightful bite-size treat!

French Fried Potatoes

Savor our crispy, golden French Fried Potatoes, fried to perfection in vegetable oil.

Sweet Dilled Peas

Savor our Sweet Dilled Peas, a delightful mix of peas and onions sautéed in oil, sweetened slightly, and finished with a sprinkle of dried dill.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Vanilla Ice Cream

Indulge in a generous scoop of rich, creamy Vanilla Ice Cream served in a dessert dish.

Week 4 Tuesday

..... **BREAKFAST**

Raisin Bran Cereal

Enjoy a simple bowl of crunchy Raisin Bran Cereal, rich with natural sweetness.

Turkey Sausage Patty

Savory turkey sausage patty, baked to perfection for a hearty and satisfying meal.

Fresh Orange Wedges

Enjoy the simple, refreshing taste of our carefully cut fresh orange wedges.

English Muffin

Week 4 Tuesday

..... **LUNCH**

Baked Potato Soup

Hearty baked potato soup topped with savory bacon, fresh green onions and melted cheddar cheese.

Saltine Crackers

Mushroom Swiss Burger

Indulge in a juicy beef patty topped with Swiss cheese and sautéed mushrooms, nestled in a fluffy white bun.

Plain Potato Chips

Beet & Onion Salad

A refreshing salad of lightly marinated beets and onions, served on a bed of crisp green lettuce.

Peach Pinwheel

Enjoy our Peach Pinwheel, a delightful arrangement of peach slices and whipped topping, garnished with a cherry.

Week 4 Tuesday

===== DINNER =====

Roasted Greek Chicken

Savor the succulent taste of chicken, roasted to perfection with a zesty blend of fresh garlic, dry oregano, and tangy lemon juice.

Mediterranean Orzo

Seasoned Broccoli Florets

Savor the taste of tender broccoli florets seasoned with a hint of dried parsley.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Pudding Parfait

Indulge in a delightful Pudding Parfait, layered with creamy vanilla and rich chocolate.

Week 4 Wednesday

..... **BREAKFAST**

Cream of Wheat with Blueberries

Delight in our creamy wheat cereal topped with a generous serving of juicy blueberries.

Egg & Sausage Bake

Savor the scrumptious blend of fluffy eggs, juicy sausage, and melted cheddar cheese over a layer of light, cubed bread.

Banana Half

Enjoy a perfect portion of fresh banana.

Dry Wheat Toast

Enjoy our classic wheat toast, lightly toasted to a golden brown.

Week 4 Wednesday

..... **LUNCH**

Corn Chowder

Hearty corn chowder filled with tender potatoes, crisp bacon, fresh celery, and onions.

Saltine Crackers

Fish & Chips

Enjoy our savory, golden-baked Fish & Chips, featuring hearty cod and crispy fries.

Steak Fries

Deliciously simple steak fries made from fresh, hand-cut potatoes.

Apple Coleslaw

A crisp medley of fresh cabbage, peppers, apples, and carrots tossed in a creamy, tangy dressing.

Hawaiian Roll

Applesauce Cookies

Delightful applesauce cookies, sweetened with sugar, spiced with cinnamon, cloves, and filled with raisins and pecans.

Week 4 Wednesday

===== DINNER =====

Beef Pot Roast

Tender beef pot roast, slow-cooked with a medley of fresh vegetables, herbs and spices.

Boiled Potatoes

Tender, steamy russet potatoes lightly seasoned and served fresh for your delight.

Sliced Dilled Carrots

Enjoy tender slices of carrot seasoned with aromatic dried dill and mixed to perfection.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Coconut Cream Pie

Week 4 Thursday

..... **BREAKFAST**

Corn Flakes

Enjoy a simple, classic bowl of crunchy Corn Flakes cereal.

Fried Egg

A classic fried egg, delicately cooked and flipped to perfection for a hearty meal.

Chilled Pears

Enjoy our refreshing, juicy and sweet sliced pears for a light delight.

Banana Bran Muffin

Delicious, moist muffins, bursting with fresh bananas and wholesome bran.

Week 4 Thursday

..... **LUNCH**

Hamburger Soup

Saltine Crackers

Grilled Swiss Cheese Sandwich

Deliciously grilled Swiss cheese sandwich, crisp on the outside with a creamy melt inside.

Creamy Pasta Salad

A refreshing pasta salad, with tri-color rotini, fresh cucumber, crisp celery, and a creamy ranch dressing, topped with dried parsley.

Celery Sticks

Freshly cut, crisp celery sticks, perfect for a nutritious, crunchy snack.

Ranch Dressing

Fresh Fruit Salad

Enjoy a refreshing mix of oranges, bananas, pineapples, cherries, and red apples, fresh and juicy.

Week 4 Thursday

===== DINNER =====

Southern Fried Chicken

Succulent chicken thigh, seasoned with pepper and paprika, coated in flour, and fried to golden perfection.

Mashed Potatoes & Poultry Gravy

Enjoy the comfort of tender, freshly mashed potatoes smothered in savory poultry gravy.

Green Beans Oregano

Tender green beans seasoned with fragrant oregano, cooked to perfection.

Focaccia Herb Roll

Pineapple Upside-down Cake

Savor our delectable pineapple upside-down cake, a sweet blend of brown sugar and pineapple topped with a fluffy, golden cake.

Week 4 Friday

..... **BREAKFAST**

Cinnamon Oatmeal

Enjoy a bowl of our Cinnamon Oatmeal, a creamy cereal sweetened with light brown sugar and a hint of cinnamon.

Scrambled Egg

Enjoy a classic, creamy scrambled egg, prepared with fresh eggs and a splash of milk. Cooked to perfection on a griddle or in the oven.

Chilled Apple Slices

Crisp, refreshing slices of Red Delicious apples for a light and healthy treat.

Dry Wheat Toast

Enjoy our classic wheat toast, lightly toasted to a golden brown.

Week 4 Friday

..... **LUNCH**

Chicken Tortilla Soup

Saltine Crackers

Beef Soft Taco

Savory beef filling nestled in a warm tortilla, topped with fresh lettuce, ripe tomatoes, and melted cheddar cheese.

Spanish Rice

Savory Spanish Rice with fresh green peppers, onions, celery and tomatoes, seasoned with cumin and paprika.

Mixed Vegetables

Carrots, Corn, Green Beans, Peas, Lima Beans

Glazed Bananas

Succulent bananas cooked in a sweet mix of brown sugar and cinnamon

Week 4 Friday

===== DINNER =====

Spaghetti & Meatballs

Savory beef meatballs and spaghetti, bathed in a rich tomato sauce with onions and herbs.

Asparagus Almondine

Succulent steamed asparagus mixed with delicately toasted almond slices and a hint of pepper.

Garlic Bread

Savor the golden, crispy Texas sliced bread generously brushed with a fragrant garlic blend.

Bread Pudding

Week 4 Saturday

..... **BREAKFAST**

Rice Crispy Cereal

Enjoy a bowl of classic Rice Crispy cereal, a simple and delightful crunch.

Cinnamon Streusel Coffeecake

Indulge in the sweet, comforting taste of our Cinnamon Streusel Coffeecake.

Fresh Orange Wedges

Enjoy the simple, refreshing taste of our carefully cut fresh orange wedges.

Week 4 Saturday

..... **LUNCH**

Pasta Fagioli Soup

Saltine Crackers

Egg Salad on Croissant

A classic egg salad nestled in a fluffy, buttery croissant, perfect for a light bite.

Plain Potato Chips

Corn Salad

corn, onions & peppers in a homemade oil vinegar dressing

Crispy Rice Bar

Savor our Crispy Rice Bar, a delightful treat of mini marshmallows melted into puffed rice cereal.

Week 4 Saturday

===== DINNER =====

Breaded Pork Chop

Savory pork chop, lightly breaded and seasoned, then baked to perfection for a crispy finish.

Macaroni & Cheese

Creamy macaroni coated in a rich, smooth cheddar cheese sauce, topped with crispy breadcrumbs.

Pepper Medley

Fresh red and green peppers expertly grilled in vegetable oil for a satisfying crunch.

Cornbread

Delightfully moist and fluffy cornbread, baked until golden brown.

Peanut Butter Pie

Fluffy peanut butter pie with a crunchy graham cracker crust, topped with smooth chocolate syrup.

Week 4 Sunday

..... **BREAKFAST**

Cream of Wheat

Enjoy our creamy and thick Cream of Wheat cereal, whisked to perfection.

Scrambled Egg

Enjoy a classic, creamy scrambled egg, prepared with fresh eggs and a splash of milk. Cooked to perfection on a griddle or in the oven.

Breakfast Ham

Savor the taste of our Breakfast Ham, sliced and grilled to a golden brown perfection.

Banana Half

Enjoy a perfect portion of fresh banana.

English Muffin

Week 4 Sunday

..... **LUNCH**

Meatball Soup

Savory meatballs paired with tender rice, fresh vegetables, and a sprinkle of parmesan cheese in a hearty soup.

Saltine Crackers

Tuna Mac Casserole

Savory tuna and pasta casserole, mixed with fresh celery, onions, peas and pimento, topped with shredded cheddar cheese.

Wax Beans & Red Peppers

Savor the blend of tender wax beans and diced red peppers, seasoned perfectly with paprika.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Oatmeal Raisin Cookie

Week 4 Sunday

===== DINNER =====

Pancakes

Fluffy, golden brown pancakes, lightly greased and stacked for ultimate moistness.

Bacon Strips

Crisp, mouthwatering bacon strips, carefully baked to perfection and drained.

Mandarin Oranges

Strawberry Cheesecake

Week 6 Monday

..... **BREAKFAST**

Cinnamon Oatmeal

Enjoy a bowl of our Cinnamon Oatmeal, a creamy cereal sweetened with light brown sugar and a hint of cinnamon.

Country Omelet

Savory country omelet packed with fresh green peppers, mushrooms, onions, and Swiss cheese.

Fresh Grapes

Enjoy a simple, refreshing portion of freshly cleaned, stemless green grapes.

Dry Wheat Toast

Enjoy our classic wheat toast, lightly toasted to a golden brown.

Week 6 Monday

..... **LUNCH**

Wild Rice Cream Soup

Savour the rich blend of wild and long grain rice, tender celery, onions, mushrooms, and juicy chicken in a creamy, flavorful soup.

Saltine Crackers

Chicken Tenders

Succulent chicken tenders, deep-fried or baked to golden perfection.

Sweet Potato Waffle Fries

Crispy sweet potato waffle fries, cooked to perfection for a delightful crunch.

Spinach Orange Salad with Dressing

Refreshing blend of spinach and lettuce mixed with vibrant orange slices and crisp onion rings, finished with a tangy homemade dressing.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Caramel Apple Slices

Savor the sweetness of baked apples generously topped with rich caramel sauce.

Week 6 Monday

===== DINNER =====

Meatloaf & Gravy

Savor our homestyle Meatloaf & Gravy! A comforting blend of ground beef, onions, and spices, topped with smooth brown gravy.

Mashed Potatoes

Fluffy russet potatoes whipped with creamy milk and black pepper for a comforting side.

Sweet Dilled Peas

Savor our Sweet Dilled Peas, a delightful mix of peas and onions sautéed in oil, sweetened slightly, and finished with a sprinkle of dried dill.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Vanilla Ice Cream

Indulge in a generous scoop of rich, creamy Vanilla Ice Cream served in a dessert dish.

Week 6 Tuesday

..... **BREAKFAST**

Raisin Bran Cereal

Enjoy a simple bowl of crunchy Raisin Bran Cereal, rich with natural sweetness.

Egg Sausage Cheese Biscuit

Fresh Orange Wedges

Enjoy the simple, refreshing taste of our carefully cut fresh orange wedges.

Week 6 Tuesday

..... **LUNCH**

Baked Potato Soup

Hearty baked potato soup topped with savory bacon, fresh green onions and melted cheddar cheese.

Saltine Crackers

Chicken Caesar Salad w/Dressing

Enjoy a refreshing Chicken Caesar Salad with creamy dressing, fresh lettuce, juicy chicken, grated Parmesan, and crunchy croutons.

Parmesan Breadstick

Enjoy soft breadsticks generously dusted with grated parmesan cheese for a savory treat.

Peach Pie

Week 6 Tuesday

===== DINNER =====

Country Fried Steak

Country Gravy

A heartwarming, homestyle country gravy, carefully prepared for a true taste of comfort.

Mashed Sweet Potatoes

Sweet and tender mashed sweet potatoes, lightly spiced with soothing cinnamon and brown sugar.

Seasoned Broccoli Florets

Savor the taste of tender broccoli florets seasoned with a hint of dried parsley.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Pudding Parfait

Indulge in a delightful Pudding Parfait, layered with creamy vanilla and rich chocolate.

Week 6 Wednesday

..... **BREAKFAST**

Cream of Wheat

Enjoy our creamy and thick Cream of Wheat cereal, whisked to perfection.

Scrambled Egg & Ham

Delightful scrambled eggs mixed with tender pieces of ham, cooked to glossy perfection.

Home Fries

Crispy, oven-baked Russet potatoes seasoned to perfection and mixed with savory onions.

Banana Half

Enjoy a perfect portion of fresh banana.

Dry Wheat Toast

Enjoy our classic wheat toast, lightly toasted to a golden brown.

Week 6 Wednesday

..... **LUNCH**

Chili Soup

Hearty chili soup with beef, fresh green peppers, onions, tomatoes, kidney beans, and mild spices.

Saltine Crackers

Fried Shrimp

Crispy, golden fried shrimp, coated in a delicious breading. A classic favorite!

Tator Tots

Crunchy, golden tater tots made from the freshest potatoes for a classic delight.

Hawaiian Coleslaw

A tropical twist on classic coleslaw with creamy dressing, fresh cabbage, and juicy pineapple.

Hawaiian Roll

Tropical Fruit Cup

A delightful mix of refreshing pineapple, zesty orange, creamy coconut, and sweet mango.

Week 6 Wednesday

===== DINNER =====

Chicken Noodle Casserole

Savor a heartwarming Chicken Noodle Casserole, teeming with tender chicken, fresh vegetables, and noodles, all under a crispy breadcrumb topping.

Peas & Onions

Tender peas and onions, seasoned perfectly and mixed for a delightful taste.

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Apple Pie

Week 6 Thursday

..... **BREAKFAST**

Corn Flakes

Enjoy a simple, classic bowl of crunchy Corn Flakes cereal.

Egg & Sausage Bake

Savor the scrumptious blend of fluffy eggs, juicy sausage, and melted cheddar cheese over a layer of light, cubed bread.

Chilled Pears

Enjoy our refreshing, juicy and sweet sliced pears for a light delight.

Banana Bread

Deliciously sweet banana bread baked with fresh bananas, a hint of cinnamon, and vanilla.

Week 6 Thursday

..... **LUNCH**

Vegetable Soup

Savor our hearty vegetable soup, brimming with tomatoes, carrots, celery, onions, potatoes, and green beans, with a hint of pepper.

Saltine Crackers

Chicken Sandwich

Savor our grilled chicken sandwich, topped with fresh lettuce, ripe tomatoes, and onion on a lightly toasted white bun.

Plain Potato Chips

Carrot & Celery Sticks

Freshly cut, crisp carrot and celery sticks for a healthy and satisfying crunch.

Ranch Dressing

Pecan Pie

Week 6 Thursday

===== DINNER =====

Baked Glazed Ham

Baked ham with a spiced pineapple brown sugar glaze

Roasted Maple Sweet Potatoes

Baked Winter Squash

Butternut squash mixed with margarine, cinnamon, and light brown sugar, then baked.

Wheat Roll

Pineapple Upside-down Cake

Savor our delectable pineapple upside-down cake, a sweet blend of brown sugar and pineapple topped with a fluffy, golden cake.

Week 6 Friday

..... **BREAKFAST**

Oatmeal

Enjoy a bowl of creamy quick oatmeal, carefully stirred to a thick consistency.

Scrambled Egg

Enjoy a classic, creamy scrambled egg, prepared with fresh eggs and a splash of milk. Cooked to perfection on a griddle or in the oven.

Bacon Strips

Crisp, mouthwatering bacon strips, carefully baked to perfection and drained.

Chilled Apple Slices

Crisp, refreshing slices of Red Delicious apples for a light and healthy treat.

Dry Wheat Toast

Enjoy our classic wheat toast, lightly toasted to a golden brown.

Week 6 Friday

..... **LUNCH**

Broccoli Cheese Soup

Creamy cheddar soup with tender broccoli florets and sautéed onions, lightly seasoned.

Saltine Crackers

Reuben Sandwich

Savory corned beef layered with tangy sauerkraut, Swiss cheese, and rich dressing on rye bread, delicately grilled.

Waffle Fries

Crispy golden waffle-cut potatoes, an enjoyable twist on classic fries.

Broccoli Slaw

A tasty, fresh mix of broccoli, slaw mix, vinegar, parsley, sugar, black pepper, dill, ground mustard, and mayonnaise.

Chocolate Cream Pie

Week 6 Friday

===== DINNER =====

Herb Roasted Salmon

Succulent salmon fillet, perfectly roasted and brushed with fresh lemon, dill & chives.

Roasted Red Potatoes

Savory roasted red potatoes, delicately coated in oil and sprinkled with ground black pepper.

Pacific Blend Vegetables

Snap Peas, Carrots, Broccoli

Wheat Dinner Roll

Delightful whole wheat rolls, baked to a perfect golden brown.

Bread Pudding

Week 6 Saturday

..... **BREAKFAST**

Rice Crispy Cereal

Enjoy a bowl of classic Rice Crispy cereal, a simple and delightful crunch.

Pancakes

Fluffy, golden brown pancakes, lightly greased and stacked for ultimate moistness.

Bacon Strips

Crisp, mouthwatering bacon strips, carefully baked to perfection and drained.

Fresh Orange Wedges

Enjoy the simple, refreshing taste of our carefully cut fresh orange wedges.

Week 6 Saturday

..... **LUNCH**

Minestrone Soup

Savory Minestrone soup with sautéed vegetables, bacon, tomatoes, beans, pasta, and fresh spinach.

Saltine Crackers

Grilled Ham & Cheese Sandwich

Savor the classic comfort of a grilled sandwich, stuffed with sliced ham and melted American cheese.

Plain Potato Chips

Three Bean Salad

Crispy Rice Bar

Savor our Crispy Rice Bar, a delightful treat of mini marshmallows melted into puffed rice cereal.

Week 6 Saturday

===== DINNER =====

Cranberry Pork Loin

Succulent pork loin, lusciously glazed with a sweet and tangy cranberry sauce, spiced with nutmeg and ginger, garnished with dried parsley.

Parslied Potatoes

Delight in tender diced russet potatoes, drizzled with fresh parsley for a homey touch.

Seasoned Green Beans

Tasty green beans delicately seasoned with dried basil leaves for a flavorful bite.

Cornbread

Delightfully moist and fluffy cornbread, baked until golden brown.

Boston Cream Pie

Week 6 Sunday

..... **BREAKFAST**

Cream of Wheat

Enjoy our creamy and thick Cream of Wheat cereal, whisked to perfection.

Blueberry Muffin

Freshly baked muffins, generously filled with sweet, juicy blueberries.

Breakfast Ham

Savor the taste of our Breakfast Ham, sliced and grilled to a golden brown perfection.

Banana Half

Enjoy a perfect portion of fresh banana.

Week 6 Sunday

..... **LUNCH**

Cream of Chicken Soup

Savory cream of chicken soup with tender celery and a hint of pepper, perfect for a warm delight.

Saltine Crackers

Beef & Cheese Deli Sandwich

Savory thin-sliced roast beef layered with Swiss and American cheese on soft white bread.

Lettuce Tomato Onion

Enjoy the crisp freshness of handpicked lettuce, ripe tomatoes, and onions.

Sweet Potato Fries

Savor the simple pleasure of crispy, perfectly seasoned Sweet Potato Fries.

Spinach Salad

A fresh and tasty spinach salad, tossed lightly with onions, celery, and hard-boiled egg.

Pear & Lime Gelatin

Enjoy our refreshing Pear & Lime Gelatin, a delightful mix of sweet pears and tangy citrus served on a crisp lettuce leaf.

Week 6 Sunday

===== DINNER =====

Sausage Gravy

Savory sausage gravy made with wholesome pork, sprinkled with a hint of black pepper.

Biscuit

Enjoy our freshly baked, delightfully fluffy buttermilk biscuits, golden brown to perfection.

Scrambled Egg

Tasty scrambled eggs, blended with milk for added creaminess and a hint of richness.

Banana

Cherry Pie