

	Monday Jan. 04	Tuesday Jan. 05	Wednesday Jan. 06	Thursday Jan. 07	Friday Jan. 08	Saturday Jan. 09	Sunday Jan. 10
B R E A K F A S T	Apple Juice	Pineapple Juice	Orange Juice	Cranberry Juice	Apple Juice	Pineapple Juice	Orange Juice
	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
	Cheddar Cheese Slice	Scrambled Eggs	Cottage Cheese	Poached Egg		Hard Boiled Egg	Fried Egg
	Banana Muffin	Whole Wheat Toast	Bran Muffin	Whole Wheat Toast	Vanilla Yogurt	Whole Wheat Toast	Bacon
	-----	-----	-----	-----	Wheat Bagel	-----	Whole Wheat Toast
	Chilled Tropical Fruit	Chilled Apricots	Stewed Prunes	Chilled Apple Slices	-----	Fruit Cocktail	-----
	Bran Flakes Cereal	Special K Cereal	Corn Flakes Cereal	Rice Krispies Cereal	Banana Half	Special K Cereal	Sliced Pears
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal	Peanut Butter	Shreddies Cereal
Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast	Peanut Butter	White Toast	Peanut Butter	
				Whole Wheat Toast		White Toast	White Toast
L U N C H	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Cream of Tomato Soup	White Bean Soup	Beef Vegetable & Noodle Soup	Roasted Red Pepper Soup	Fall Harvest Soup	Split Pea Soup	Harvest Vegetable Soup
	BBQ Beef Ribette on WW Bun	Chicken Caesar Salad	Grilled Cheese on Brown Bread	Shaved Beef Sndw on Wheat	Butter Egg Bistro Pastry Bacon	Hot Dog on White Bun	Spaghetti & Meat Sauce
	Green Beans	Cheese & Garlic Breadstick	Mixed Green Italian Salad	Dill Potato Salad	Tomato Slices	Four Bean Salad	Seasoned Green Beans
	Orange Gelatin	Margarine	Dill Pickle Chips	Strawberry Gelatin	White Dinner Roll	Onion Slice	Cheddar Garlic Biscuit
	-----	Donut	Lemon Pudding	-----	Margarine	Chocolate Mousse	Grated Parmesan Cheese
	Dillish Chicken Sndw on WW	Kale & Cheddar Quiche	Vegetarian Chili	Cod Nuggets	Butterscotch Pudding	Sliced Turkey on Wheat	Vanilla Ice Cream
	Tossed Ranch Salad	Buttered Corn	Zucchini Medley	French Fries	-----	Carrot Raisin Salad	-----
	Strawberries	Toast Points	Whole Wheat Bread	Creamy Coleslaw	Cheese Ravioli & Sauce	Margarine	Turkey Balsamic
		Cantaloupe Chunks	Margarine	Tartar Sauce	Green Peas	Sweet Pickle	Vinaigrete Salad
			Mandarin Oranges	Honeydew Melon	Grated Parmesan Cheese	Chilled Apricots	Mushroom & Spinach Salad
					Fresh Grapes		Whole Wheat Bread
						Margarine	
						Poppy Seed Dressing	
						Orange Sections	
D I N N E R	Breaded Pork Cutlet	Meatloaf	Baked Chicken with Chalet Sauce	Rubbed Pork Loin	Beef Tips in Red Wine Gravy	Swiss Veal Cutlet	Baked Ham in Pineapple Juice
	Mustard Sauce	Beef Gravy	Hashbrown Casserole	Baked Potato	Whipped Potatoes	Buttered Egg Noodles	
	Cheese Tea Biscuit	Garlic Mashed Potatoes	Steamed Broccoli	Buttered Brussels Sprouts	Calico Corn	Butternut Squash	Scalloped Potatoes
	Sliced Beets	Baked Tomato au Gratin	Carrot Cake	Margarine	Pumpkin Pie	White Dinner Roll	Mashed Turnips
	Margarine	Margarine	-----	Sour Cream	-----	Margarine	White Dinner Roll
	Tart Butter Coconut Raspberry	Bread Pudding	Bologna	Buttertart Square	-----	Blueberry Crisp	Margarine
	-----	-----	Wax Beans	-----	Creamy Dill Salmon	-----	Cherry Pie
	Italian Baked Fish	Turkey Meatballs	White Dinner Roll	Rotini Primavera w/Alfredo	Rice Pilaf	Red Pepper & Basil Frittata	-----
	Lemon Wedge	Sweet and Sour Sauce	Margarine	Sc	Cauliflower	w/Parmesan Cheese	Sole Florentine
	Roasted New Potatoes	Fluffy Rice	White Dinner Roll	Sliced Carrots	Cinnamon Pears	Diced Hashbrown	Brown Rice
	Steamed Asparagus	California Vegetables	Banana & Chocolate Sauce	White Dinner Roll	LS Tomato Juice	Broccoli Florets	Green Peas
	White Dinner Roll	White Dinner Roll	LS Tomato Juice	Chilled Peach Slices		Crushed Pineapple	Chilled Tropical Fruit
Fresh Grapes	Mango		V8 Juice		V8 Juice	LS Tomato Juice	
LS Tomato Juice	V8 Juice						