

## Fresh Menus: WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Alternates
Ham and Cheese Omelet	Pancakes	Egg, Cheese & Sausage Sandwich on English Muffin	French Toast	Western Omelet	Made to Order Breakfast	Made to Order Breakfast	
Spaghetti with Meat Sauce  Caesar Salad  Wheat Garlic Bread	Pork Chop w/ Cinnamon Apples  Sweet Potato Gratin  Roasted Brussel Sprouts	Pasta w/ Basil Shrimp, Vegetables & Fire Roasted Tomatoes  Whole Wheat Breadstick	Herb Roasted Bone-In Chicken w/ Pan Gravy  Buttermilk Mashed Potatoes  Seasoned Corn	Grilled Salmon w/ Mango Salsa  Brown & Wild Rice Blend  Lemon Buttered Green Beans	Chicken Chow Mein w/ Oriental Blend Vegetables & Chow Mein Noodles  Rice  Fortune Cookie	Baked Ham w/ Cranberry Chutney  Scalloped Potatoes  Root Vegetable Blend  Wheat Dinner Roll	Garden Salad w/ Hard Boiled Eggs  Grilled Cheese w/ Chips or Fruit  Cheeseburger/Hamburger w/ Chips or Fruit  Ham, Turkey, Salami Sub Sandwich w/ Chips or Fruit
Dijon Turkey Melt w/ Tomato On Multi Grain  Broccoli Salad	Patty Melt on Wheat Bread w/ Cream Cheese, Cheddar Cheese & Caramelized Onions  3 Bean Salad	Chicken Fajitas in a Flour Tortilla w/ Onions & Peppers  Cheddar Cheese, Sour Cream & Salsa  Spanish Rice	Naan Bread Pizza w/ Pepperoni & Roasted Vegetables  Cantaloupe	Classic Denver Quiche  Banana Bread  Grapes & Melon Wedges	Philly Beef on Hoagie w/ Peppers, Onions, Swiss Cheese & Au Jus  Spinach Salad w/ Berries & Almonds	Grilled 3 Cheese Sandwich w/ Pickles  On Multi Grain  Fresh Fruit Salad	Garden Salad w/ Hard Boiled Egg  Cottage Cheese Fruit Plate w/ Muffin  Grilled Cheese w/ Chips and Fruit  Egg Salad Sandwich w/ Chips or Fruit

**\*\* Beverages offered at every meal include milk, fruit juice, tea, and coffee.**

**\*\* Breakfast items are always available: Oatmeal, Cold cereal, Eggs any style, Sausage links, Bacon, Wheat/White Toast, Yogurt, Fruit.**