

SUNDAY

Breakfast Apple Cinnamon Pancakes with Sausage Links and a cup of Oatmeal or Farina.

Lunch Glazed Pork Lion, Whipped Potatoes and Green and Gold Beans OR Country Fried Steak. Sherbet for Dessert

Dinner Tortellini with Marinara Sauce and Buttered Zucchini OR Shrimp Scampi. Baked Apples with Whipped Topping for Dessert.

MONDAY

Breakfast Breakfast Brunch Casserole with Toast and a cup of Oatmeal or Farina.

Lunch Macaroni & Cheese with Stewed Tomatoes OR Swedish Meatballs. Fruited Gelatin for Dessert

Dinner Citrus Chicken with Skillet Fried Potatoes & Garlic Spinach OR Chef Choice Pizza. Watermelon for Dessert.

TUESDAY

Breakfast Waffles and Bacon and a cup of Oatmeal or Farina.

Lunch Turkey Scallopini, Orzo with Vegetables and Sauteed Broccoli Florets OR Dijon Crusted Fish. Banana Pudding for Dessert.

Dinner Pepper Steak with Steamed White Rice and Buttered Carrots OR Seafood Salad Plate. Brownie for Dessert.

WEDNESDAY

Breakfast Scrambled Eggs w/Cheese and Toast and a cup of Oatmeal or Farina.

Lunch BBQ Meatloaf, Maple Sweet Potatoes with Peas and Pearl Onions OR Braised Pork Shoulder. Fruit Cocktail for Dessert

Dinner Quiche Lorraine, Hash browns and Mixed Green Salad OR California Chicken Salad. Assorted Cookies for Dessert.

THURSDAY

Breakfast Western Omelet Sandwich and a cup of Oatmeal or Farina.

Lunch Mustard Sherry Chicken, Red Bliss Potatoes and Buttered Green Beans Or Cheese Ravioli. Frosted Chocolate Cake for Dessert

Dinner Italian Sausage , Veg Mix and Garlic Bread Or Trio Salad Plate. Diced Peaches for Dessert.

FRIDAY

Breakfast French Toast and Sausage Patty, and a cup of Oatmeal or Farina.

Lunch Baked Fish Fillet with Seasoned Rice and Stewed Tomatoes OR Vegetable Lasagna. Lemon Ice for Dessert

Dinner Cheese Pizza, Tossed Salad and Garlic Bread OR Turkey Breast Sandwich. Sliced Pound Cake for Dessert.

SATURDAY

Breakfast Coffee Cake with scrambled Eggs and a cup of Oatmeal or Farina.

Lunch Salisbury Steak, Au Gratin Potatoes and Sauteed Mix Squash OR Pork Cutlet. Mandarin Oranges for Dessert

Dinner Paprika Baked Chicken with Wild Rice Pilaf and Broccoli OR Pasta & Crab Salad. Butterscotch Pudding for Dessert.

WEEK 3



PREFERRED CARE