| 2025      | Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|-----------|---|---|---|---|---|---|---|
| Week 1    | 3/16  | 3/17  | 3/18  | 3/19  | 3/20  | 3/21  | 3/22  |
| Breakfast | Assorted Juice<br>Oatmeal<br>Assorted Cold Cereal |
|           | Cheesy Scrambled Eggs                             | Denver Omelet                                     | Cheesy Scrambled Eggs                             | Eggs to Order                                     | Baked Omelet                                      | Egg & Cheese Muffin                               | Scrambled Eggs                                    |
|           | Pancakes with Syrup                               | Waffle with Syrup                                 | Yogurt & Granola                                  | Texas French Toast Toast<br>with Syrup            | Cinnamon Raisin French<br>Toast with Syrup        | Blueberry Pancakes with<br>Syrup                  | Sausage Gravy over<br>Biscuit                     |
|           | Bacon   | Bacon   | Assorted Toast                                    | Bacon   | Ham Slice   | Bacon   | Hash brown  |
|           | Banana  | Fruit Cup   | Fruit Cup   |   | Blueberry Muffin                                  |   | Banana  |
| Lunch     | Baked Flounder with<br>Lemon Butter               | Chicken Parmesan<br>Penne Pasta with              | Cilantro Grilled Chicken<br>Parslied Potatoes     | Chopped Steak with<br>Mushrooms                   | Roasted Turkey<br>Turkey Gravy                    | Salmon<br>Sour Cream & Chive<br>Potatoes          | Country Style Braised<br>Beef Tips                |
|           | Garden Wild Rice<br>Peas                          | Marinara  | Carrot Coins                                      | Roasted Potatoes                                  | Mashed Potatoes                                   | Parmesan Roasted                                  | Rice Pilaf  |
|           | Boneless Pork Chop<br>Applesauce                  | Lemon Green Beans<br>Mushroom Spinach             | Baked Ziti<br>Dinner Roll                         | Fried Shrimp<br>Layered Salad                     | Brussel Sprouts<br>Pineapple Glazed Ham           | Zucchini<br>Chicken & White Bean                  | Snap Peas<br>Smothered Pork Chop                  |
|           | Coconut Cake                                      | Quiche<br>Lemon Bar                               | Apple Crisp                                       | Vanilla Ice Cream                                 | Pumpkin Pie                                       | Chili w/Corn Muffin<br>Fruit Cup                  | Pound Cake with Berries                           |
| Dinner    | Vegetable Beef Soup                               | Split Pea Soup                                    | Chicken Noodle Soup                               | Black Bean Soup                                   | Tomato Rice                                       | Mushroom Barley Soup                              | Minestrone Soup                                   |
|           | Turkey Burger                                     | Tuna Salad Sandwich on<br>White                   | Fish Sandwich<br>Coleslaw                         | Italian Sausage<br>Spinach                        | Seafood Salad on a<br>Croissant                   | Hot Pork Sandwich<br>Baked Steak Fries            | Hot Turkey Sandwich<br>with Gravy                 |
|           | Potato Wedges<br>Broccoli                         | Baked Potato Salad                                | Chicken Caesar Salad                              | Beef Mac & Cheese<br>Casserole                    | Three Bean Salad                                  | Green Beans                                       | Yellow Squash                                     |
|           | Grilled Pimento Cheese<br>Sandwich                | Roast Beef with Swiss<br>Sandwich                 | Peach Cobbler                                     | Chocolate Cake with<br>Peanut Butter Icing        | Turkey Club                                       | Deluxe Burger with<br>Lettuce, Tomato & Onion     | Vegetable Cheese Strata                           |
|           | Butterscotch Pudding                              | Pineapple Chunks                                  |   | r canal Butter loing                              | Boston Cream Pie                                  | Cranberry Oatmeal<br>Cookie                       | Fruited Jell-O                                    |
|           |   |   |   |   |   |   | 02/12/25  |