

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019	January 12, 2019	January 13, 2019
<u>Breakfast/Dairy</u>	<u>Breakfast/Dairy</u>	<u>Breakfast/Dairy</u>	<u>Breakfast/Dairy</u>	<u>Breakfast/Dairy</u>	<u>Breakfast/Dairy</u>	<u>Breakfast/Dairy</u>
Choice of Juice Cream of Wheat Scrambled Eggs Home Fries Banana	Choice of Juice Oatmeal French Toast w/Syrup Cottage Cheese Mandarin Oranges	Choice of Juice Cream of Wheat Scr. Eggs/Cheese Veg. Bacon Strips Pineapple Biscuit	Choice of Juice Oatmeal Blueberry Pancakes w/Syrup Veg. Sausage Links Pears	Choice of Juice Cream of Wheat Vegetable Omelet Bagel/Cream Cheese Peaches	Choice of Juice Oatmeal Yogurt & Fruit Parfait Coffee Cake	Choice of Juice Oatmeal Pancakes w/ Syrup Veg. Sausage Patty Apricots
<u>Alternate</u> French Toast w/Maple Syrup	<u>Alternate</u> Scrambled Eggs w/ Cheese	<u>Alternate</u> Waffle w/ Syrup	<u>Alternate</u> Scrambled Eggs	<u>Alternate</u> French Toast w/ Syrup	<u>Alternate</u> Hard Boiled Egg	<u>Alternate</u> Cheese Omelet
AVAILABLE BREAKFAST ALTERNATIVES Hard Boiled Eggs, Cottage Cheese, Fresh Baked Muffins, Danish, Cheese Omelet, Cold Cereal Selections(Cheerios, Raisin Bran, Rice Krispies, Corn Flakes) Juices (Orange, Apple, Cranberry, Tomato), Coffee and Tea, 1% and Chocolate Milk						
<u>Lunch/Dairy</u>	<u>Lunch/Dairy</u>	<u>Lunch/Dairy</u>	<u>Lunch/Dairy</u>	<u>Lunch/Dairy</u>	<u>Lunch/Dairy</u>	<u>Lunch/Dairy</u>
Cream Of Mushroom Lemon Peppered Baked Haddock Wild Rice Green Bean Almandine Fresh Fruit Cup	Butternut Squash Soup Cheese Tortellini w/Marinara Fresh Vegetable Blend Garlic Breadstick Sliced Cheesecake	Tossed Salad Fish Cake Roasted Red Potatoes Peas and Mushrooms Carrot Cake	Fresh Romaine Salad Mac & Cheese Stewed Tomatoes Corn Bread Chocolate Pudding	Garden Salad Vegetarian Stroganoff Buttered Egg Noodles Fresh Asparagus Ice Cream	Coleslaw Egg Salad on a Croissant Sliced Tomatoes Seasonal Fresh Fruit Cup Lemon Meringue Pie	Cream of Broccoli Soup Tilapia Provencal Apricot Kugel Roasted Broccoli Brownie
<u>Alternate</u> B.L.T.	<u>Alternate</u> Vegetable Quiche	<u>Alternate</u> Fried Egg & Cheese Sandwich on a Roll	<u>Alternate</u> Veggie Burger Lettuce & Tomato	<u>Alternate</u> Grilled Orange Teriyaki Whitefish	<u>Alternate</u> Lox & Bagel Plate	<u>Alternate</u> Stuffed Shells / Marinara
AVAILABLE DAIRY ALTERNATIVES Entrees - Chef Salad with dressing, Tuna Salad Sandwich, Egg Salad Sandwich, Grilled Cheese Sandwich, Fried Egg & Cheese Sandwich, Baked Fish, Cottage Cheese & Fruit Plate Side Items - Tossed Salad with dressing, French Fries, Baked Potato, Carrots, Green Beans Desserts - Chocolate or Vanilla Pudding, Chocolate, Vanilla or Strawberry Ice-cream, Fresh Fruit Cup, Jell-O. No Sugar Added options available. Beverages - Juice, Coffee and Tea, 1% and Chocolate Milk, Iced Tea, Soda						
<u>Dinner/Meat</u>	<u>Dinner/Meat</u>	<u>Dinner/Meat</u>	<u>Dinner/Meat</u>	<u>Dinner/Meat</u>	<u>Dinner/Meat</u>	<u>Dinner/Meat</u>
Navy Bean Soup Artichoke Chicken Baked Potato Braised Cabbage Wheat Dinner Roll Chilled Peaches <u>Alternate</u> Corned Beef Sandwich Potato Chips	Chicken Vegetable Soup Salisbury Steak with Caramelized Onions Garlic Mashed Potatoes Seasoned Carrots Wheat Dinner Roll Gelatin Cup <u>Alternate</u> Liver & Onions	Split Pea Soup Hot Open Faced Roast Turkey Sandwich Sweet Potato Wedges Fresh Broccoli Wheat Dinner Roll Fruit Cup <u>Alternate</u> Asian Beef Stir Fry	Minestrone Soup BBQ Chicken Thighs Baked Beans Corn Wheat Dinner Roll Apple Crumb Cake <u>Alternate</u> Turkey Sandwich Chips	Matzo Ball Soup Glazed Salmon Vegetable Cous Cous Fresh Squash Medley Challah Fresh Fruit Cup <u>Alternate</u> Roast Beef / Gravy Mashed Potatoes	Pickled Beets Beef Brisket Mashed Potatoes w/ Gravy Zucchini w/Red Onion Wheat Dinner Roll Sugar Cookie <u>Alternate</u> Pastrami on Rye Lettuce/Tomato	Steak House Salad Roast Veal w/ Gravy Oven Roasted Potatoes Garlic Sautéed Spinach Wheat Dinner Roll Cherry Crisp <u>Alternate</u> Breaded Chicken Sandwich Lettuce/Tomato
Always Available Dinner Items Chef Salad with choice dressing, Sandwiches- (Corned Beef, Pastrami, Turkey, Roast Beef, Fresh Grilled Burger, Kosher Hot Dog, Chicken Tenders, Roasted Chicken, Broiled Salmon, Fruit Plate Side Items - French Fries, Baked Potato, Broccoli, Green Beans, Mashed Potatoes, Steamed Rice, Desserts - Chocolate, Vanilla or Strawberry Ice cream, Chocolate Cake, Fresh Fruit Cup, Jell-O Regular and Sugar Free Juices (Orange, Apple, Cranberry, Tomato), Coffee and Tea, Iced Tea, Soda (Coke, Sprite, Diet Coke and Ginger ale)						