



|                   |               | Sunday              | Monday                   | Tuesday                           | Wednesday           | Thursday                   | Friday                    | Saturday                     |
|-------------------|---------------|---------------------|--------------------------|-----------------------------------|---------------------|----------------------------|---------------------------|------------------------------|
| WK 1              |               | 21-Nov              | 22-Nov                   | 23-Nov                            | 24-Nov              | 25-Nov                     | 26-Nov                    | 27-Nov                       |
| BREAKFAST         | Feature       | Breakfast Sandwich  | French Toast             | Farmers Scramble                  | Waffle              | Veggie Omelet              | Corned Beef Hash and Eggs | Banana Pancakes              |
|                   | H Cereal      |                     |                          |                                   |                     |                            |                           |                              |
| Soup of the Day   |               |                     |                          |                                   |                     |                            |                           |                              |
| Soup of the Week  |               |                     |                          |                                   |                     |                            |                           |                              |
| Salad of the Week |               |                     |                          |                                   |                     |                            |                           |                              |
| NOON MEAL         | AL/MC         | Spinach Berry Salad | Apple Chicken Wrap       | burger with bacon and blue cheese | Chicken and biscuit | Caesar with crispy chicken | Fried Chicken Wings       | Chicken Bacon Ranch Sandwich |
|                   | AL/MC         | turkey club         | Grill Cheese with Tomato | pizza with spinach and feta       | quiche              | philo pie                  | Goat Cheese Orange Salad  | Hummus Tomato Spinach wrap   |
|                   | Sides         |                     |                          |                                   |                     |                            |                           |                              |
|                   | Bread Dessert |                     |                          |                                   |                     |                            |                           |                              |
| EVENING MEAL      | AL/MC         | chili               | Eggplant Parm            | Baked White Fish                  | Steak Tips          | Pot Roast Dinner           | Fish and Chips            | baked chicken                |
|                   | AL/MC         | Ham Dinner          | Meatloaf                 | Mac and Cheese                    | Salmon              | Lobster Ravioli            | Pork                      | ravioli with mushrooms       |
|                   | Sides         |                     |                          |                                   |                     |                            |                           |                              |
| Bread Dessert     |               |                     |                          |                                   |                     |                            |                           |                              |

Weekly Desserts

Brownie a la Mode

Fresh Fruit with Whipped Cream