



		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 1		28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec
BREAKFAST	Feature	Breakfast Sandwich	French Toast	Farmers Scramble	Waffle	Veggie Omelet	Corned Beef Hash and Eggs	Banana Pancakes
	H Cereal							
Soup of the Day		Chicken and Wild Rice	Hungarian Mushroom	Chicken Noodle	Salmon chowder	Chicken Gumbo	Chicken Gumbo	Carrot Ginger
Soup of the Week					Broccoli Cheese			
Salad of the Week					Greek Salad			
NOON MEAL	AL/MC	Spinach Berry Salad	Apple Chicken Wrap	Bacon, Scallop and Shrimp Salad	Bacon Pinapple Pizza	Caesar Calamari	Fried Chicken Wings	Chicken Bacon Ranch Sandwich
	AL/MC	Italian Sub	Grill Cheese with Tomato	Turkey Club	Chicken Pepper Pasta	Ruben	Goat Cheese Orange Salad	Hummus Tomato Spinach wrap
	Sides		Chips Chips	Potato salad				
	Bread							
	Dessert	Red Velvet Cake	Cranberry Apple Pie	Strawberry Rhubarb	Pumpkin Pie	Lemon Bars	Pudding And A Cookie	
EVENING MEAL	AL/MC	Cheese Ravioli	Eggplant Parm	Baked White Fish	Steak Tips	Pot Roast Dinner	Tony's Fish and Chips	Lobster Rav
	AL/MC	Ham Dinner	Meatloaf	Mac and Cheese	Salmon	Mussels	Dijon Crusted Pork	Lemon Spinach Tomato Pasta
	Sides	salad	Broccoli					
	Bread	Baked Potato	Roasted Potato					
	Dessert	Green Beans						
	Dessert	Pumpkin Lava cake	Carrot Cake	Forest Pie	Apple crisp	Toasted Almond Cream Cake	Apple Raspberry	

Weekly Desserts

Brownie a la Mode

Fresh Fruit with Whipped Cream