








WEEK 1— — —-MEAL TIME : BREAKFAST 7:30 —9:00 A.M., LUNCH 11:30 A.M.—1:00 P.M., DINNER 4:30—6:00 P.M.

	SUNDAY JAN. 6, 2019	MONDAY JAN. 7, 2019	TUESDAY JAN. 8, 2019	WEDNESDAY JAN. 9, 2019	THURSDAY JAN. 10, 2019	FRIDAY JAN. 11, 2019	SATURDAY JAN. 12, 2019
B R E A K F A S T	WAFFLE / EGGS TO ORBER FROSTED FLAKES/ RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	BREAKFAST CASSEROLE EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE YOGURT AND FRUIT PARFAIT TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	FRENCH TOAST / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	SAUSAGE AND EGG BISCUIT EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE YOGURT & FRUIT PARFAIT TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN	PANCAKES / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE YOGURT AND FRUIT PARFAIT TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	BISCUIT AND GRAVY EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT
L U N C H	PEA SALAD SALISBURY STEAK OR BAKED CHICKEN  MASHED POTATOES AND GRAVY SEASONED COOKED SPINACH ROLL DESSERT OF THE DAY OR WHOLE FRUIT	FRUIT & COTTAGE CHEESE GERMAN SAUSAGE OR CHEF SALAD  SAUERKRAUT GERMAN POTATO SALAD RED CABBAGE ROLL DESSERT OF THE DAY OR CUT FRUIT	ORANGE SEGMENTS ROSEMARY CHICKEN  WITH VEGETABLES AND POTATOES CHILLED BEETS & YEAST ROLL OR GRILLED CHEESE & SOUP DESSERT OF THE DAY OR WHOLE FRUIT	CAESAR SALAD EYE OF ROUND W/ GRAVY OR BAKED SALMON  BAKED POTATO W/ BUTTER, SOUR CREAM AND BACON BROCCOLI, ROLL DESSERT OF THE DAY OR CUT FRUIT	GARDEN SALAD SEASONED PORK TENDERLOIN OR FIESTA SHRIMP SALAD  ROASTED VEGETABLES CARMELIZED APPLES RICE , ROLL DESSERT OF THE DAY OR WHOLE FRUIT	JELLO GLAZED MEATLOAF OR BAKED TILAPIA  LEMON POTATOES BRUSSEL SPROUTS, BISCUIT DESSERT OF THE DAY OR CUT FRUIT	BROCCOLI SALAD BBQ CHICKEN  PORK BBQ SLIDER POTATO SALAD CORN ON THE COB MELON SLICE DESSERT OF THE DAY OR WHOLE FRUIT
D I N N E R	ROAST TURKEY OR BAKED FISH MACARONI AND CHEESE BROCCOLI ROLL ASSORTED DESSERT	PIZZA PITA GARDEN SALAD SLICED PEACHES OR COBB SALAD HOMEMADE MUFFIN ASSORTED DESSERTS	TUNA SALAD OR CHICKEN SALAD FRESH SLICED VEGETABLES HUMMUS DIP & PITA POINTS FRESH FRUIT ASSORTED DESSERTS	CLAM SAUCE OVER PASTA OR VEGETARIAN PASTA MIXED SALAD GREENS BROCCOLI & RED PEPPERS BREADSTICK ASSORTED DESSERTS	HAM BISCUIT OR SALMON CAKE ON ENGLISH MUFFIN POTATO CHIPS APPLE SAUCE CARROT STICKS ASSORTED DESSERTS	WHITE BEAN CHICKEN CHILI WITH RICE OR VEGETABLE QUICHE MELON WEDGE HOMEMADE MUFFIN ASSORTED DESSERTS	BAKED ZITI W/ GROUND BEEF CAULIFLOWER & BROCCOLI BREADSTICK OR BREADSTICK HAM HOAGIE FRUIT SALAD CHIPS & PICKLE ASSORTED DESSERTS
S O U P	SOUP D'JOUR CHICKEN NOODLE SOUP	SOUP D'JOUR TOMATO SOUP	SOUP D' JOUR CHICKEN NOODLE SOUP	SOUP D'JOUR TOMATO SOUP	SOUP D'JOUR CHICKEN NOODLE SOUP	SOUP D'JOUR TOMATO SOUP	SOUP D'JOUR CHICKEN NOODLE SOUP

BEVERAGES: REGULAR AND DECAFE COFFEE, HOT AND ICED TEA, MILK, ORANGE, APPLE AND CRANBERRY JUICE. SNACKS: FRUIT, CRACKERS AND JUICE DAILY

WEEK 2—MEAL TIME : BREAKFAST 7:30 —9:00 A.M., LUNCH 11:30 A.M.—1:00 P.M., DINNER 4:30—6:00 P.M.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JAN. 13, 2019	JAN. 14, 2019	JAN. 15, 2019	JAN. 16, 2019	JAN. 17, 2019	JAN. 18, 2019	JAN. 19, 2019
B R E A K F A S T	WAFFLE / EGGS TO ORDER FROSTED FLAKES/ RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	BREAKFAST CASSEROLE EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN YOGURT AND FRUIT PARFAIT	FRENCH TOAST / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	SAUSAGE AND EGG BISCUIT EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN YOGURT & FRUIT PARFAIT	PANCAKES / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN YOGURT AND FRUIT PARFAIT	BISCUIT AND GRAVY EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT
L U N C H	DEVILED EGGS CHILI LIME BEEF VEGETARIAN PASTA CASSEROLE SCALLOPED POTATOES STEWED TOMATOES ROLL CHEF’S DESSERT OR WHOLE FRUIT	SEVEN LAYER SALAD BBQ CHICKEN THIGHS BBQ RIBS PASTA SALAD BAKED BEANS COLLARD GREENS DESSERT OF THE DAY OR CUT FRUIT	JELLO WITH PEARS SEAFOOD GUMBO TURKEY POT PIE RICE ORANGE HONEY CARROTS OYSTER CRACKERS DESSERT OF THE DAY OR WHOLE FRUIT	CORN AND MUSHROOM SALAD BEEF TIPS / EGG NOODLES OR SALMON WITH GREEN BEANS AND TOMATOES SWEET POTATO ASPARAGUS WITH TOPPING ROLL DESSERT OF THE DAY OR CUT FRUIT	GARDEN SALAD SPINACH LASAGNA BEEF RAVIOLI GREEN BEANS YEAST ROLL DESSERT OF THE DAY OR WHOLE FRUIT	SPINACH SALAD W/ ORANGES TURKEY DIVAN OR SEARED TALAPIA W/ PINEAPPLE, CUCUMBER & RICE CARROTS APPLESAUCE, ROLL DESSERT OF THE DAY OR CUT FRUIT	PINEAPPLE AND COTTAGE CHEESE CHOPPED STEAK BEEF LIVER BEETS , COLLARDS MASHED POTATOES ROLL DESSERT OF THE DAY OR WHOLE FRUIT
D I N N E R	SOY MARINATED PORK SANDWICH OR GRILLED CHICKEN TENDERS POTATO CHIPS BROCCOLI SALAD STRAWBERRIES ASSORTED DESSERT	TERIYAKI CHICKEN RICE BOWL OR TURKEY SANDWICH & SOUP ORIENTAL VEGETABLE BLEND POTSTICKER ASSORTED DESSERTS	FISH TENDERS OR BAKED CHICKEN COLESLAW PEACHES HUSH PUPPIES ASSORTED DESSERTS	TACO SALAD WITH CHICKEN AND REFRIED BEANS OR PASTA PRIMEVERA & SPINACH SALAD MANGO SALAD SALSA LETTUCE, TOMATO & SOUR CRM ASSORTED DESSERTS	SWEET AND SOUR MEATBALLS OR VEGGIE PITA PIZZA RICE, GARDEN SALAD BROCCOLI EGG ROLL ASSORTED DESSERTS	GRILLED BBQ CHICKEN OR CHEESEBURGER W/ LETTUCE & TOMATOES OVEN POTATOES GREEN BEANS ROLL ASSORTED DESSERTS	COBB SALAD OR BACON AND VEGETABLE QUICHE HOMEMADE MUFFIN MELON WEDGE ASSORTED DESSERTS
S O U P	SOUP D’JOUR CHICKEN NOODLE SOUP	SOUP D’JOUR TOMATO SOUP	SOUP D’ JOUR CHICKEN NOODLE SOUP	SOUP D’JOUR TOMATO SOUP	SOUP D’JOUR CHICKEN NOODLE SOUP	SOUP D’JOUR TOMATO SOUP	SOUP D’JOUR CHICKEN NOODLE SOUP

BEVERAGES: REGULAR AND DECAFE COFFEE, HOT AND ICED TEA, MILK, ORANGE, APPLE AND CRANBERRY JUICE. SNACKS: FRUIT, CRACKERS AND JUICE DAILY