

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Breakfast								
Entrée 1	Yogurt	French toast	Yogurt	Pancakes	Yogurt	French toast	Yogurt	Pancakes
Entrée 2	Scrambled eggs	Hard-boiled eggs	Omelet (cheese or veggie)	Scrambled eggs	Hard-boiled eggs	Scrambled eggs	Omelet (cheese or veggie)	Hard-boiled eggs
Lunch								
Soup	Cream of Asparagus	America's Garden Veg	Beef Barley	Lentil	Minestrone	Beef Barley	Sweet Potato & Ham	Hearty Chicken & Rice
Entrée	Lasagna with Meat Sauce, Spinach, Garlic Bread	Pollock, Rice, Carrots	Macaroni & Cheese Broccoli	Shepherd's Pie	Roast beef, Mashed potatoes, Spinach	BBQ Chicken Pasta salad, Carrots	Hamburger on a Bun with lettuce, tomato, onion Roasted potatoes	Roast Pork, Sweet Potato, Peas
Dessert 1	Fresh fruit cup	Lorna Doones	Fresh fruit cup	Chilled peaches	Fruit cocktail	Sherbet	Fresh fruit cup	Chilled peaches
Dessert 2	Jello	Custard	Ice cream (van or choc)	Vanilla wafer cookies	Pudding (van or choc)	Cheesecake	Jello	Custard
Dinner								
Soup	Italian Wedding	Chicken Noodle	Carrot Ginger	Middle Eastern Chicken	Cream of Mushroom	Chicken Noodle	Cream of Tomato	Split Pea
Entrée	Hot Turkey Sandwich, Butternut Squash, Green beans	Meatloaf, Mashed potato, Mixed Veget	Roasted Chicken, Baked potato, Butternut squash	Ham Baked Sweet Potato, Cauliflower	Turkey, Stuffing, Peas	Stuffed Shells Broccoli	Salmon, Rice, Green beans	Beef Stroganoff, Egg Noodles
Dessert 1	Pudding (van or choc)	Fresh fruit cup	Pudding (van or choc)	Fresh fruit cup	Jello	Fresh fruit cup	Fruit cocktail	Fresh fruit cup
Dessert 2	Apple Crisp	Sherbet	Pear Crumble	Brownie	Chocolate Custard	Ice cream (van or choc)	Banana bread	Canned pears