

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Tortilla Soup Beef Fajitas Spanish Rice Refried Beans Churros DINNER Beef Stuffed Cabbage Balsamic Roasted Carrots Wild Rice Ice Cream	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal LUNCH Butternut Squash Soup Turkey Cobb Salad Hawaiian Roll Chocolate Eclair DINNER Lentil Soup Chicken Marsala Sautéed Green Beans Brown Rice Berry Cobbler a la Mode	BREAKFAST Oatmeal, Baked Muffin, Poached Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Mushroom & Barley Soup Meatball Sub Sandwich Onion Rings Coleslaw Orange Cake DINNER Hearty Vegetable Soup Grilled Tilapia Garlic Polenta Roasted Root Vegetables Coconut Cream Pie	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal LUNCH White Bean Soup Fish Tacos w/ Aioli Sauce & Lime Slaw Spanish Rice & Refried Beans Rice Pudding DINNER Tomato Bisque Chicken Fettuccine Alfredo Steamed Broccoli Garlic Bread Sponge Cake	BREAKFAST Oatmeal, French Toast, Scrambled Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Split Pea Soup Egg Salad Pita Pocket Marinated Beet Salad Fresh Melon Butterscotch Pudding DINNER Corn Chowder Breaded Fish Scalloped Potatoes Balsamic Glazed Carrots Banana Bread	BREAKFAST Oatmeal, Danish, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal LUNCH Tortilla Soup Cheese Enchiladas Refried Beans & Spanish Rice Flan DINNER Matzo Ball Soup Beef Pot Roast Mashed Potatoes w/ Gravy Snap Peas Apple Pie Groundhog Day	BREAKFAST Oatmeal, Coffee Cake, Scrambled Eggs Turkey Sausage, Fruit Hot or Cold Cereal LUNCH Cream of Asparagus Turkey Salad Sandwich on Sourdough Three Bean Salad, Sweet Potato Fries Strawberry Shortcake DINNER Minestrone Soup Spaghetti & Meat Sauce Zucchini & Yellow Squash Garlic Bread Baked Cinnamon Apples Lunar New Year (Dragon)
BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Cream of Carrot Philly Cheesesteak Sandwich Sweet Potato Fries Dill Pickle Spear, Bananas Foster DINNER Zucchini Soup Chicken w/ Cream of Mushroom Sauce Italian Blend Vegetables Egg Noodles, Strawberry Shortcake Super Bowl Sunday	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal LUNCH Cream of Carrot Veggie Burger Marinated Tomato & Cucumber Salad Onion Rings Triple Decker Brownie DINNER French Onion Soup BBQ Beef Ribs Corn on the Cob Baked Beans Lemon Bar	BREAKFAST Oatmeal, Baked Muffin, Poached Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Tomato Soup Chicken Tostada Bowl Marble Cake DINNER Kidney Bean Soup Fish Florentine Sautéed Garlic Green Beans Oven Roasted Red Potatoes Apple Cake Fat Tuesday / Mardi Gras	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal LUNCH Egg Drop Soup Beef Chow Mein Oriental Vegetables, Coconut Macaroons DINNER Cream of Broccoli Cheese Ravioli Mixed Vegetables, Garlic Bread Red Velvet Cake Ash Wednesday / Valentine's Day	BREAKFAST Oatmeal, French Toast, Scrambled Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Fideo Soup Turkey Patty Melt Sweet Potato Fries Dill Pickle Spears Ambrosia Salad DINNER Cream of Cauliflower Chicken Francaise Wild Rice Baby Carrots Bread Pudding	BREAKFAST Oatmeal, Danish, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal LUNCH Zucchini Cilantro Soup Chicken Teriyaki Steamed Rice Oriental Vegetables Almond Cookies DINNER Matzo Ball Soup Shepherd's Pie Balsamic Roasted Brussel Sprouts Dinner Roll Fruit Cobbler	BREAKFAST Oatmeal, Coffee Cake, Scrambled Eggs Turkey Sausage, Fruit Hot or Cold Cereal LUNCH Tortilla Soup Cheese or Vegetable Quesadilla Spanish Rice & Refried Beans Rice Pudding DINNER Roasted Carrot & Ginger Soup Eggplant Casserole Capri Blend Vegetables Breadsticks Chocolate Cake
BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Vegetable Soup Trio Salad Plate(Tuna, Chicken, Egg) Garden Salad Hawaiian Roll Pound Cake w/ Berries DINNER Cream of Broccoli Beef Stroganoff Egg Noodles Breadstick Banana Cream Pie	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal LUNCH Potato Leek Soup French Dip Sandwich Onion Rings Coleslaw Fudge Brownie DINNER Wild Rice Soup Lamb Stew Dinner Roll Lemon Meringue Pie Presidents' Day	BREAKFAST Oatmeal, Baked Muffin, Poached Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Garbanzo Bean Soup Italian Chopped Salad Zucchini Bread Angel Food Cake DINNER Mushroom & Barley Soup Pasta Bolognese Sautéed Zucchini & Squash Garlic Bread Vanilla Cake	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal LUNCH Butternut Squash Soup Smoked Salmon Pasta Pesto Flatbread Boston Cream Pie DINNER Black Bean Soup Country Fried Steak Baked Potato Green Beans Carrot Cake	BREAKFAST Oatmeal, French Toast, Scrambled Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Tuscan Kale & Bean Soup BBQ Chicken Sliders Potato Wedges Coleslaw Orange Mousse DINNER Lemon Chicken Orzo Soup Spaghetti Meatballs Steamed Broccoli Breadsticks Pecan Pie	BREAKFAST Oatmeal, Danish, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal LUNCH Vegetable Soup Turkey Wrap Cucumber & Tomato Salad Fresh Melon Yogurt Parfait DINNER Matzo Ball Soup Stewed Beef & Carrots Mashed Potatoes Cornbread Peach Cake	BREAKFAST Oatmeal, Coffee Cake, Scrambled Eggs Turkey Sausage, Fruit Hot or Cold Cereal LUNCH Split Pea Soup Chicken Tacos Spanish Rice & Refried Beans Churros DINNER Sweet Potato Soup Oven Crisp Fish Lemon Couscous Sautéed Spinach w/ Tomatoes & Onions Fruit Cobbler a la Mode
BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Tomato Basil Soup Grilled Cheese Sandwich Balsamic Arugula-Tomato Salad Fruit Jell-O DINNER Corn Chowder Chicken Pot Pie Roasted Brussel Sprouts Dinner Roll Chocolate Eclair	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Turkey Bacon, Fruit, Hot or Cold Cereal LUNCH Chicken Noodle Soup Egg Salad Pita Pocket Cucumber Dill Salad Watermelon DINNER Tres Leches Cake DINNER Pinto Bean Soup Italian Baked Fish Sautéed Spinach Baked Sweet Potato	BREAKFAST Oatmeal, Baked Muffin, Poached Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Tortellini Soup Chicken Tenderloin French Fries Coleslaw Tapioca Pudding DINNER Lentil Soup Corned Beef & Cabbage Red Potatoes Peach Cake	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Omelet, Turkey Bacon, Fruit Hot or Cold Cereal LUNCH Chicken Artichoke Soup Tuna Stuffed Tomato Garden Salad Zucchini Bread, Lemon Cake DINNER Cream of Spinach Baked Rosemary Chicken Lyonnaise Potatoes Honey Garlic Brussel Sprouts Apple Turnover	BREAKFAST Oatmeal, French Toast, Scrambled Eggs Turkey Sausage, Fruit, Hot or Cold Cereal LUNCH Cabbage Soup Cheese or Salami Pizza Caesar Salad Tapioca Pudding DINNER Cream of Broccoli Blackened Tilapia Couscous, Baked Sweet Potato Bread Pudding Leap Day		