

# Sunday, Week 1

## Dinner

**Roast Turkey/ Stuffing**

**Mashed Potato**

**Butternut Squash**



**Ice Cream Sundae**

***Alt: Balsamic Lamb Kabobs***

***Diet: Diet Ice Cream***

## Supper

**Chicken Noodle Soup**

**Tuna Salad on Wheat Bread**



**Three Bean Salad**

# Monday, Week 1

## Dinner

**Meatballs**

**Ziti, Garlic Bread**

**Green Beans**

**Tropical Fruit**



*Alt: Honey Baked Ham or*

*Diet: Same*

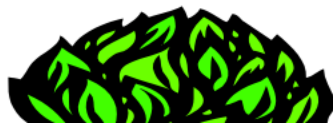
## Supper

**French Onion Soup**



**Chicken Tenders**

**Artichoke/Tomato Salad**



# Tuesday, Week 1

## Dinner

**Pork Chops**

**Mashed Potato**



**Roasted Vegetables**



**Mixed Berry Cheese Cake**

*Diet: Diet Cheesecake*

*Alt: Baked Tilapia*

## Supper

**Garden Vegetable Soup**

**Vegetarian Quiche**



**Tuesday, Week 1 / Dinner**

# Wednesday, Week 1

## Dinner

**Greek Chicken w/ Topping**

**Rice Pilaf**

**Peas & Mushrooms**



**Ice Cream**

*Alt: Liver w/ Onions*

*Diet: Diet Ice Cream*

## Supper

**Lentil Soup**

**Summer Salad Plate w/ Tuna & Ham**

**Salad**

**Ambrosia**

*Alt: Grilled Turkey and Cheese*

*Sandwich*

*Diet: Fruit Cocktail w/ Diet Whipped*

# Thursday, Week 1

## Dinner

**Pot Roast /Jardinière Sauce**

**Roasted Potatoes**

**Mixed Vegetables**



**Chocolate Brownie**

*Alt: Crusted Lamb Or*

*Diet: Chocolate Angel Cake*

## Supper

**Tomato Soup**

**Chicken Salad Croissant**

**Carrot Salad**

**Cranberry Mousse**

*Alt: Sausage Casserole*



# Friday, Week 1

## Dinner

**Catch of the Day**  
**Twice Baked Potato**  
**Roasted Beets**



## **Fruit Parfait**

*Alt: Lasagna roll-up*

*Diet: Diet Fruit Parfait*

## Supper

**Split Pea Soup**  
**Cream Cheese on Datanut Bread**  
**Tropical Fruit**  
**Ice Cream**

*Alt: Mixed Seafood Risotto*

*Diet: Diet Ice Cream*



# Saturday, Week 1

## Dinner

**Chicken Pesto Alfredo**

**Whipped Potato**

**Carrots**



**Sugar Cookies**

*Alt: Roast Sirloin*

## Supper

**Beef Noodle Soup**

**Ham & Cheese on Wheat**



**Cabbage & Apple Salad w/ Dijon**

**Crème Puff**

*Alt: Vegetarian Sloppy Joes Pasta*

*Diet: Diet Vanilla Budding*