

Sample Menu

Breakfast

Dinner

Supper

Sunday

Orange Juice
Oatmeal or
Assorted Cold Cereal
Scrambled Egg & Bacon
Toast & Margarine
Coffee • Tea • Milk

Pot Roast of Beef with Jardiniere Gravy
Rissoli Potato/Cinnamon Apple
Boiled Turnips & Peas
Dinner Rolls & Margarine
Vanilla Ice Cream with Strawberry Sauce
Coffee • Tea • Milk
Alternate: Sliced Turkey and Peas

Vegetable Soup
Pastrami Sandwich with Mustard on Roll
Potato Chips
Fruited Gelatin with Whipped Topping
Coffee • Tea • Milk
Alternate: Peanut Butter & Jelly Sandwich/
V-8 Juice

Monday

Orange Juice
Cream of Wheat or
Assorted Cold Cereal
Pancake
Toast & Margarine
Coffee • Tea • Milk

Baked Stuffed Chicken
Cranberry Sauce on Lettuce
Baked Potato & Butternut Squash
Bread & Margarine
Cherry Pie
Coffee • Tea • Milk
Alternate: Salisbury Steak & Wax Beans

Corn Chowder
Crabmeat Salad Sandwich on White Bread
with Mayonnaise
Pickled Beets
Butterscotch Pudding with Topping
Coffee • Tea • Milk
Alternate: Egg Salad Sandwich/Tomato Juice

Tuesday

Orange Juice
Cream of Wheat or
Assorted Cold Cereal
Boiled Egg
Toast & Margarine
Coffee • Tea • Milk

Spaghetti & Meatballs
Tomato Sauce
Tossed Salad with Oil & Vinegar
Italian Bread & Margarine
Sherbet
Coffee • Tea • Milk
Alternate: Roast Chicken & Green Beans

Cream of Asparagus Soup
Sliced Turkey Club Sandwich
with Lettuce, Bacon & Mayonnaise
Potato Chips
Fresh Citrus Fruit Cup
Coffee • Tea • Milk
Alternate: Beef Vegetable Soup/Peanut
Butter & Jelly Sandwich

Wednesday

Orange Juice
Oatmeal or
Assorted Cold Cereal
Boiled Egg
Toast/Bran Muffin & Margarine
Coffee • Tea • Milk

Baked Virginia Ham with Mustard
Sweet Potatoes & Spinach
Rye Bread & Margarine
Cheesecake with Cherry Topping
Coffee • Tea • Milk
Alternate: Roast Lamb with Carrots

Minestrone Soup with Crackers
Grilled Tuna & Cheese on White Bread
Carrot/Raisin Salad
Sliced Banana/Orange Juice
Coffee • Tea • Milk
Alternate: Cream Cheese & Olive
Sandwich/V-8 Juice

Thursday

Orange Juice
Cream of Wheat or
Assorted Cold Cereal
Boiled Egg
Toast & Margarine
Coffee • Tea • Milk

Prime Rib
Oven Roasted Potato
Mixed Vegetables
Bread & Margarine
Chocolate Cream Pie
Coffee • Tea • Milk
Alternate: Sliced Turkey & Peas

Cream of Tomato Soup
Hawaiian Chicken Salad Sandwich
Tossed Salad
Apple Crisp with Topping
Coffee • Tea • Milk
Alternate: Cheese & Tomato Sandwich

Friday

Orange Juice
Cream of Wheat or
Assorted Cold Cereal
Ham Omelet
Toast/Muffin & Margarine
Coffee • Tea • Milk

Baked Stuffed Haddock
Homemade Tartar Sauce
Delmonico Potato & Buttered Broccoli
Bread & Margarine
Peach Crisp/Apple Spice
Coffee • Tea • Milk
Alternate: Cottage Cheese & Veggie Plate

Open-Faced Roast Beef Sandwich
Peas & Carrots
Whole Wheat Bread & Margarine
Chocolate Pudding with Topping
Coffee • Tea • Milk
Alternate: Tuna Salad Sandwich/Tomato Juice

Saturday

Orange Juice
Oatmeal or
Assorted Cold Cereal
Boiled Egg
Danish
Coffee • Tea • Milk

Beefburgers with Baked Tomato
Whipped Potatoes & Cut Green Beans
Bread & Margarine
Raisin Bread Pudding with Topping
Coffee • Tea • Milk
Alternate: Hot Dogs and Beans

Split Pea Soup
Western on a Warm Bun
Cole Slaw
Crushed Pineapple
Coffee • Tea • Milk
Alternate: Turkey Sandwich/Vegetable Soup