



# Regular House Weekly Menu

Time	1	2	3	4	5	6	7
8:00 AM	HAM, EGG, AND CHEESE, ON AN ENGLISH MUFFIN & FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	SPINACH & MUSHROOM QUICHE WITH FRESH FRUIT AND MELON OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	FRENCH TOAST WITH SAUSAGE AND FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	CHEESE OMELETTE W/ TOAST AND FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	FRESH FRUIT PLATE W/ COTTAGE CHEESE AND BAGEL OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	BREAKFAST CASSEROLE (BACON, EGG, CHEESE, & TOTS) WITH FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	PEANUT BUTTER AND BANANA PANCAKES WITH SAUSAGE LINKS OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT
12:00 PM	MARINATED GRILLED CUBE STEAK W/ ROASTED POTATOES & CORN (SERVED W/ GRAVY) OR CHEESE RAVIOLI WITH TOMATO SAUCE, GARLIC BREAD AND SALAD	CRAB CAKES W/ CILANTRO LIME AIOLI, RICE & CAULIFLOWER OR GRILLED BBQ PORK TENDERLOIN WITH BAKED SWEET POTATO & CAULIFLOWER (SERVED W/ GRAVY)	LEMON PESTO GRILLED CHICKEN W/ BAKED POTATOES AND ASPARAGUS SERVED W/ GRAVY OR BBQ PULLED PORK, CORN, BAKED BEANS AND FRESH ROLL	BEEF POT ROAST, ROASTED RED POTATO AND PEAS (SERVED W/ GRAVY) OR GARLIC LEMON SEAFOOD SCAMPI & (ASSORTED SHELLFISH) W/ CORN	PAN-SEARED COD IN TOMATO BASIL SAUCE WITH STEAMED BROCCOLI & RICE OR CHICKEN PICCATA W/ ROASTED POTATOES & STEAMED BROCCOLI	BAKED MANICOTTI WITH GARLIC BREAD AND SIDE SALAD OR BEEF & VEGETABLE STIR FRY WITH RICE	ROAST TURKEY W/ ZUCCHINI BLEND MASHED POTATO & CRANBERRY SAUCE (SERVED W/ GRAVY) OR CILANTRO LIME PORK TENDERLOIN WITH MAGO SALSA, MASHED POTATOES & ZUCCHINI BLEND (SERVED W/ GRAVY)
5:00 PM	GARDEN VEGETABLE SOUP WITH HALF EGG SALAD SANDWICH OR CREEK CHICKEN FLAT BREAD & SMALL SALAD	CHICKEN PARMESAN SOUP WITH FRESH BAKED BREAD OR GRILLED HAM AND CHEESE SANDWICH WITH HAWAIIAN PASTA SALAD	CREAMY TORTELLINI SOUP WITH GARLIC BREAD OR PEPPERONI PIZZA CROISSANTS & GREEN SALAD	BEEF AND ROASTED GARLIC SOUP WITH HALF A TUNA SALAD SANDWICH OR GRILLED CHICKEN CAESAR SALAD	CREAMY TOMATO BASIL SOUP WITH TUNA SALAD SANDWICH OR ROAST BEEF AND SWISS HOAGIE WITH HORSE RADISH MAYO AND CHIPS AND PICKLE	BEEF AND BLACK BEAN SOUP WITH CORN BREAD OR BB-Q CHICKEN SANDWICH WITH GERMAN POTATO SALAD	TOMATO MACARONI BEEF SOUP WITH W/ FRESH BAKED BREAD OR STRAWBERRY ALMOND SPINACH SALAD W/ CHICKEN AND BALSAMIC DRESSING
8:00 AM	SAUSAGE BISCUIT AND GRAVY WITH FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	CHEESE OMELETTE W/ TOAST AND FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	CINNAMON RAISIN FRENCH TOAST WITH FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	MUSHROOM SWISS SCRAMBLED EGGS W/ TOAST AND FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	TOASTED BAGEL, CREAM CHEESE, FRESH FRUIT & BLUEBERRY CREAM OATMEAL OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	WESTERN EGG OMELETTE WITH TOAST & FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	BELGIAN WAFFLES W/ FRESH FRUIT & COTTAGE CHEESE OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT
12:00 PM	MEATLOAF W/ GRAVY MASHED POTATOES AND PEAS & CARROTS OR BAKED SALMON W/ HOLLANDAISE SAUCE, RICE AND PEAS & CARROTS	BBQ BABY BACK RIBS SERVED WITH BAKED POTATO AND GREEN BEANS OR BEEF STROGANOFF OVER PASTA W/ GREEN BEANS	PINEAPPLE GLAZED HAM WITH RICE AND PEAS OR BAKED STUFFED CHICKEN W/ GRAVY, MASHED POTATO AND CAULIFLOWER	TACO STUFFED PEPPERS RICE & SIDE SALAD OR GRILLED ITALIAN CHICKEN THIGH WITH MASHED POTATOES AND PEAS (SERVED W/ GRAVY)	ROAST PORK W/ ROASTED SWEET POTATOES & SNOW PEAS (SERVED W/ GRAVY) OR SALISBURY STEAK W/ GRAVY, BAKED POTATO & ASPARAGUS	CHICKEN SCAMPI WITH RICE & CORN OR BAKED TALAPIA KIEV WITH RICE & CORN	GRILLED GARLIC BROS PORK ROAST W/ SWEET POTATOES & CAULIFLOWER (SERVED W/ GRAVY) OR CHEESY HAM AND SCALLOPED POTATOES, W/ BROCCOLI
5:00 PM	HAM AND SPLIT PEA WITH ROLL AND BUTTER OR BUFFALO CHICKEN TORTILLA ROLL WITH BLUE CHEESE POTATO SALAD	CHICKEN AND CORN SOUP WITH GRILLED FLAT BREAD OR FISH FILET SANDWICH W/ CHIPS AND SLAW	SAUSAGE MINSTRONE SOUP WITH GARLIC BREAD OR DRESSED CHEESEBURGER WITH ONION RINGS & PICKLE	VEGETABLE BEEF SOUP AND FRESH BREAD OR CARAMELIZED ONION, MUSHROOM AND SWISS MELT W/ COTTAGE CHEESE	MANHATTAN CLAM CHOWDER WITH FRESH BREAD OR BBQ FRANKS AND BEANS WITH CORN BREAD AND APPLE SAUCE	FRENCH ONION SOUP, HALF A ROAST BEEF SANDWICH OR TOASTED ITALIAN SANDWICH WITH CUCUMBER TOMATO SALAD	CREAM OF BROCCOLI SOUP & FRESH BREAD OR CHICKEN CORDON BLUE WRAP W/ SUMMER CARROT SALAD
8:00 AM	BACON EGG AND CHEESE ON CROISSANT WITH FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	HAM AND CHEESE BREAKFAST CASSEROLE WITH FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	BLUEBERRY WAFFLES WITH EGGS AND FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	SPINACH FETA SCRAMBLED EGGS W/ TOAST AND FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	FRESH FRUIT PLATE W/ COTTAGE CHEESE AND FRESH PASTRIES OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST	CORNED BEEF HASH WITH FRIED EGGS FRUIT AND TOAST OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST	ORANGE VANILLA PANCAKES WITH VANILLA MAPLE SYRUP & FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT
12:00 PM	SPAGHETTI W/ MEAT SAUCE, SIDE SALAD & GARLIC BREAD OR MARINATED GRILLED CUBE STEAK W/ ROASTED POTATOES & SNOW PEAS (SERVED W/ GRAVY)	CREAMY BEEF STEW WITH BISCUITS OR BAKED SALMON W/ GARLIC MASHED POTATO & SQUASH/ ZUCCHINI	STUFFED ZUCCHINI WITH RICE OR ASIAN BEEF WITH MUSHROOMS & SNOW PEAS WITH RICE	BAKED STUFFED CHICKEN W/ GRAVY MIXED VEGETABLE AND BAKED POTATO OR RANCH PORK TENDERLOIN WITH POTATOES & GREEN BEANS	BACON TOMATO CHICKEN PENNE IN A CREAM SAUCE W/ SNOW PEAS OR LEMON BAKED COD W/ SCALLOPED POTATOES AND BROCCOLI	VEAL PARMESAN WITH SIDE SALAD AND GARLIC BREAD OR CREAMY GARLIC POLENTA AND SHRIMP WITH PEAS & ONIONS	MACARONI AND CHEESE W/ A GRILLED HAM STEAK, AND PEAS & CARROTS OR FRIED SEAFOOD PLATTER WITH FRIES AND SLAW (SHRIMP & CLAMS)
5:00 PM	CHICKEN NOODLE SOUP WITH FRESH BREAD OR OLD ENGLISH HAM SANDWICH & CUCUMBER DILL SALAD	TOMATO SOUP WITH HALF TUNA SANDWICH OR GRILLED ITALIAN SANDWICH WITH SIDE SALAD	GRILLED CHICKEN & CORN CHOWDER OR 1 MICHIGAN AND FRIES	CREAMY TOMATO SOUP WITH TUNA SALAD SANDWICH WITH FRESH BREAD OR CHICKEN PARMESAN SANDWICH WITH CLASSIC CARROT SUMMER SALAD	CREAM OF MUSHROOM SOUP WITH GRILLED HAM AND CHEESE OR MANDARIN ORANGE CHICKEN SALAD WITH ORIENTAL DRESSING	GARDEN VEGETABLE SOUP WITH HALF TURKEY SANDWICH OR GRILLED TUNA MELT CLASSIC CARROT SUMMER SALAD	MINSTRONE WITH HALF A ROAST BEEF SANDWICH OR STRAWBERRY FETA CHICKEN SALAD W/ FRUITY BALSAMIC DRESSING
8:00 AM	EGG AND CHEESE, ON A CROISSANT WITH HOME FRIES & FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	THREE CHEESE QUICHE WITH FRESH FRUIT AND MELON OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	STUFFED FRENCH TOAST WITH FRESH BERRIES AND FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	SPINACH FETA OMELET, WITH TOAST & FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	FRESH PASTRY WITH COTTAGE CHEESE AND FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	EGG AND CHEESE CASSEROLE WITH SCALLION HOLLANDAISE & FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	APPLE CIDER PANCAKE WITH COTTAGE CHEESE AND FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT
12:00 PM	LINGUINE W. WHITE CLAM SAUCE W/ PEAS & ONIONS OR BBQ CHICKEN SERVED W/ BEANS, CORN, SLAW AND SWEET ROLL	NANTUCKET BAKED COD W/ BAKED POTATO AND ASPARAGUS OR SPAGHETTI W/ MEAT SAUCE, SIDE SALAD AND GARLIC BREAD	STUFFED CABBAGE CASSEROLE W/ RICE PILAF OR CREAMY DIJON CHICKEN W/ SCALLOP POTATOES & GREEN BEANS	SEAFOOD SCAMPI, OVER RICE, W/ CAESAR SALAD OR CHEESE STUFFED SHELLS WITH CAESAR SALAD & FRESH BREAD	CILANTRO LIME GRILLED PORK TENDERLOIN GREEN BEANS AND BAKED POTATO (SERVED W/ GRAVY) OR TACO STUFFED PEPPERS WITH RICE AND BEANS	GRILLED TALAPIA W/ BAKED POTATOES & ASPARAGUS OR BACON WRAPPED CHICKEN & TOMATOES, SERVED WITH ASPARAGUS & BAKED POTATO (SERVED W/ GRAVY)	BB-Q RIBS SERVED W/ BEANS, BRUSSEL SPROUTS, SLAW & SWEET ROLL OR CHICKEN & BROCCOLI ALFREDO SERVED WITH GARLIC BREAD
5:00 PM	TOMATO-CABBAGE SOUP TUNA SANDWICH OR ORZO GREEN SALAD W/ GRILLED SHRIMP & FETA, TOMATO & CUCUMBERS, BLACK OLIVES TAZKI DRESSING	SPINACH TORTELLINI SOUP, SOFT FRESH BREAD OR PHILLY CHEESE STEAK SLOPPY JOES & CREAMY PEA SALAD	SHRIMP BISQUE, SHRIMP W/ ROLL AND BUTTER OR BB-Q RIB SANDWICH TOPPED W/ FRIED ONION RINGS & SERVED W/ MACARONI SALAD	SAUSAGE TORTELLINI SOUP SAUSAGE W/ FRESH BREAD OR BB-Q CHICKEN SANDWICH W/ BAKED BEANS & GREEN BEANS	CHICKEN & RICE SOUP CHICKEN W/ FRESH ROLLS & BUTTER OR GRILLED PASTRAMI SANDWICH, & POTATO SALAD	HAM & VEGETABLE SOUP W/ FRESH BREAD OR FRIED CLAM ROLL W/ CUCUMBER DILL SALAD AND CHIPS	CHEESE & BROCCOLI SOUP HAM SANDWICH OR CHICKEN CAESAR WRAP W/ 3 BEAN SALAD
8:00 AM	SPINACH FETA SCRAMBLED EGGS W/ TOAST AND FRESH FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	THREE CHEESE QUICHE WITH FRESH FRUIT AND MELON OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	BLUEBERRY WAFFLES WITH EGGS AND FRUIT OR TWO EGGS (FRIED OR SCRAMBLED) WITH TOAST & FRUIT	MACARONI AND CHEESE WITH A GRILLED HAM STEAK, & SQUASH/ZUCCHINI OR ASIAN BEEF WITH MUSHROOMS & SNOW PEAS WITH RICE	GRILLED CHICKEN & CORN CHOWDER OR BLUEBERRY FETA CHICKEN SALAD W/ FRUITY BALSAMIC DRESSING		
12:00 PM	BAKED STUFFED CHICKEN W/ GRAVY BROCCOLI & BAKED POTATO OR GRILLED PORK TENDERLOIN MIXED BROCCOLI & BAKED POTATO (SERVED W/ GRAVY)	VEAL PARMESAN WITH SIDE SALAD & GARLIC BREAD OR BEEF POT ROAST W/ HERB GRAVY, MASHED POTATOES & SNOW PEAS	SPINACH TORTELLINI SOUP, SOFT FRESH BREAD OR BBQ FRANKS AND BEANS WITH CORN BREAD AND APPLE SAUCE				
5:00 PM	CREAMY TOMATO SOUP WITH TUNA SALAD SANDWICH WITH FRESH BREAD OR CHICKEN PARMESAN SANDWICH WITH CLASSIC CARROT SUMMER SALAD						

