

Sample

Week 3

MONDAY, 2-2

TUESDAY, 2-3

WEDNESDAY, 2-4

THURSDAY, 2-5

FRIDAY, 2-6

SATURDAY, 2-7

SUNDAY, 2-8

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Grits
Eggs
Toast
Orange

Beverages:
Coffee/tea,
milk, juice

French toast
Bacon
Fresh fruit

Beverages:
Coffee/tea,
milk, juice

Cereal
Milk
Eggs

Beverages:
Coffee/tea, milk,
juice

Pancakes
Sausage links
Banana

Beverages:
Coffee/tea,
milk, juice

Oatmeal
Raisins
Cinnamon
Bacon

Beverages:
Coffee/tea,
milk, juice

French toast sticks
Fresh fruit topping
Eggs

Beverages:
Coffee/tea, milk,
juice

Ham Omelet
Toast
Banana

Beverages:
Coffee/tea, milk,
juice

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Meatball sub
Side salad
Mashed potatoes

Beverages:
Water, milk, tea
Dessert:
Apple Crisp

Beef barley soup
Roll & Noodles
Steamed veggies

Beverages:
Water, milk
Dessert:
Cherry cobbler

Ham & cheese
sandwich
Chips
Veggie sticks

Beverages:
Water, tea
Dessert:
Oatmeal cookie

Vegetable beef soup
Crackers
Fresh Fruit

Beverages:
Water, milk
Dessert:
Rice Pudding

Egg salad sandwich
Fruit cup
Side Salad

Beverages:
Water, milk
Dessert:
Ice Cream

Cheeseburger
Baked potato wedges
Coleslaw

Beverages:
Water, milk
Dessert:
Chocolate chip cookie

BLT sandwich
Veggie soup
Fresh Fruit

Beverages:
Water, milk
Dessert:
Fruit sorbet

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Grilled chicken slice
Brussels sprouts
Roll

Beverages:
Water, decaf

Salisbury steak slice
Peas
Brown Rice

Beverages:
Herbal tea, water

Beef roast slice
Carrots
Roll
Fresh fruit

Beverages:
Milk, water

Chicken & dumplings
Mashed potatoes
Steam Veggies

Beverages:
Herbal tea, water

Meatloaf
Gravy
Roasted potatoes
Carrots

Beverages:
Herbal tea, water

Pot roast
Root vegetables
Brown Rice
Fresh Fruit

Beverages:
Herbal tea, water

Light roast chicken
Side salad
Whole-grain bread

Beverages:
Herbal tea, water

DIETITIAN SIGNATURE: