



Menu for the week (sample)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Breakfast</u> Pineapple</p> <p>Hot / cold cereal</p> <p>pancakes & bacon</p>	<p><u>Breakfast</u> Banana</p> <p>Hot / cold cereal</p> <p>Mushroom cheese scramble</p>	<p><u>Breakfast</u> Sliced pears</p> <p>Hot / cold cereal</p> <p>Waffles & sausage patty's</p>	<p><u>Breakfast</u> Peaches</p> <p>Hot / cold Cereal</p> <p>Fried egg & hash browns</p>	<p><u>Breakfast</u> Tropical fruit</p> <p>Hot / cold cereal</p> <p>Bacon cheese scramble</p>	<p><u>Breakfast</u> Applesauce</p> <p>Hot / cold cereal</p> <p>French toast & sausage links</p>	<p><u>Breakfast</u> Grapefruit</p> <p>Hot / cold cereal</p> <p>Cinnamon roll & egg scrambled</p>
<p><u>Lunch</u></p> <p>Chicken cordon blue, roasted parsnips & carrots with rice pilaf</p>	<p><u>Lunch</u></p> <p>Roasted turkey, sage dressing & corn with Hawaiiin roll</p>	<p><u>Lunch</u></p> <p>Ham, 3 cheese noodles & mixed veggies with toast</p>	<p><u>Lunch</u></p> <p>Roast beef, mashed potatoes & gravy with green beans</p>	<p><u>Lunch</u></p> <p>Paprika Chicken, mashed potatoes & gravy with spinach</p>	<p><u>Lunch</u></p> <p>Smothered steak, with baked potato & corn</p>	<p><u>Lunch</u></p> <p>BBQ pork cutlet with Sweet potatoes & Brussel sprouts</p>
<p><u>Dinner</u></p> <p>Opened face pork sandwich, mashed potatoes & gravy with broccoli</p>	<p><u>Dinner</u></p> <p>Lasagna, green salad and garlic toast</p>	<p><u>Dinner</u></p> <p>Taco salad with rice or beans</p>	<p><u>Dinner</u></p> <p>Turkey & dried cranberry salad With wheat roll</p>	<p><u>Dinner</u></p> <p>Turkey chili, a green salad and garlic toast</p>	<p><u>Dinner</u></p> <p>Chicken schnitzel, egg noodles and green beans</p>	<p><u>Dinner</u></p> <p>Roast beef with a horseradish sauce Country potatoes Mixed veggie</p>