

# SAMPLE DINING MENU



\* These desserts are also available with no sugar added.

BREAKFAST

LUNCH

DINNER

|                  | SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|------------------|--|---|---|--|--|---|---|
| <b>BREAKFAST</b> | <p>Peaches<br/>Cheesy Eggs<br/>Hash browns<br/>Banana Nut Muffin</p> <p>Cold cereal, grits, oatmeal, bacon and sausage, yogurt, toast. Eggs: scrambled, poached and hard boiled</p>  | <p>Mandarin Oranges<br/>Biscuit and Gravy<br/>Tater Tots<br/>Cinnamon Roll</p> <p>Cold cereal, grits, oatmeal, bacon and sausage, yogurt, toast. Eggs: scrambled, poached and hard boiled</p>   | <p>Cantaloupe<br/>Scrambled Eggs<br/>Blueberry Pancakes<br/>Assorted Danishes</p> <p>Cold cereal, grits, oatmeal, bacon and sausage, yogurt, toast. Eggs: scrambled, poached and hard boiled</p>  | <p>Pears<br/>Scrambled Eggs<br/>Apple Spice Muffin<br/>Hash browns</p> <p>Cold cereal, grits, oatmeal, bacon and sausage, yogurt, toast. Eggs: scrambled, poached and hard boiled</p>  | <p>Strawberries<br/>Scrambled Eggs<br/>Biscuit and Gravy<br/>Lem. Poppysseed Muffin</p> <p>Cold cereal, grits, oatmeal, bacon and sausage, yogurt, toast. Eggs: scrambled, poached and hard boiled</p>   | <p>Oranges<br/>Scrambled Eggs<br/>Cinnamon Roll</p> <p>Cold cereal, grits, oatmeal, bacon and sausage, yogurt, toast. Eggs: scrambled, poached and hard boiled</p>  | <p>Fruit Cocktail<br/>Scrambled Eggs<br/>Hash browns<br/>French Toast</p> <p>Cold cereal, grits, oatmeal, bacon and sausage, yogurt, toast. Eggs: scrambled, poached and hard boiled</p>  |
| <b>LUNCH</b>     | <p>Tomato Bisque<br/>Pasta Salad</p> <p>Fried Chicken<br/>Mashed Potatoes<br/>Turnip Greens<br/>Meatloaf<br/>Mac &amp; Cheese<br/>Steamed Carrots<br/>Corn Muffin</p> <p>Apple Pie*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p> | <p>Vegetable Beef Soup<br/>Broccoli Salad</p> <p>Herb Pork Tenderloin<br/>Baked Potatoes<br/>Cauliflower, Snow Peas<br/>Chicken Parmesan<br/>Buttered Orzo<br/>Asparagus<br/>Dinner Roll</p> <p>Peach Cobbler*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p> | <p>Broccoli Cheese Soup<br/>Potato Salad</p> <p>Spaghetti w/Meatballs<br/>Steamed Broccoli<br/>Chicken Pot Pie<br/>Brown Rice<br/>Corn w/Pimento<br/>Garlic Bread</p> <p>Blonde Brownie*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p> | <p>Minestrone Soup<br/>Tom. Cucumber Salad</p> <p>Chicken Piccata<br/>Linguine<br/>Italian Green Beans<br/>Shrimp &amp; Sausage Gravy<br/>Buttered Grits<br/>Steamed Kale<br/>Wheat Roll</p> <p>Chocolate Mousse*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p> | <p>Crab Soup<br/>Carrot Raisin Salad</p> <p>Corned Beef<br/>Steamed Cabbage<br/>New Potatoes<br/>Pork Cutlet<br/>White Rice<br/>Grilled Vegetables<br/>Cornbread</p> <p>Pineapple Cake*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p>                               | <p>Black Bean Soup<br/>Coleslaw</p> <p>Fried Fish<br/>Red Rice<br/>Sautee Peppers/Onions<br/>Hamburger<br/>Roasted Potato Wedges<br/>Succotash<br/>Dinner Roll</p> <p>Chocolate Chip Cookie*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p> | <p>Cream of Potato Soup<br/>Citrus Salad</p> <p>Chicken Marsala<br/>Swiss Chard/White Beans<br/>Steamed Broccoli<br/>Cheese Ravioli/Marinara<br/>Veg. Ratatouille<br/>Garlic Bread</p> <p>Pecan Pie*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p> |
| <b>DINNER</b>    | <p>Vegetable Beef Soup<br/>Pasta Salad</p> <p>Salmon Basil Pesto<br/>Wild Rice Pilaf<br/>Grilled Yellow Squash<br/>Ham Salad Sandwich<br/>Wheat Roll</p> <p>Yellow Cake*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p>            | <p>Broccoli Cheese Soup<br/>Broccoli Salad</p> <p>Beef Tips<br/>White Rice<br/>Grilled Peppers/Onions<br/>Turkey Club Wrap<br/>Baked Sweet Potato<br/>Dinner Roll</p> <p>Chocolate Cream Pie*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p>                  | <p>Minestrone Soup<br/>Potato Salad</p> <p>Stewed Chicken<br/>White Rice<br/>Peas &amp; Mushrooms<br/>Egg Salad Sandwich<br/>Dinner Roll</p> <p>Peach Trifle<br/>NSA Pound Cake</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p>          | <p>Crab Soup<br/>Tom. Cucumber Salad</p> <p>Seafood Casserole<br/>Green Beans<br/>Meatball Sub<br/>French Fries<br/>Wheat Roll</p> <p>Chocolate Chip Cookie*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p>  | <p>Black Bean Soup<br/>Carrot Raisin Salad<br/>Taco Salad<br/>Rice &amp; Beans<br/>Zucchini w/Tomatoes<br/>Chicken Enchilada Cass.<br/>Tortilla Chips<br/>Dinner Roll</p> <p>Boston Cream Pie<br/>NSA Vanilla Pudding</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p> | <p>Cream of Potato Soup<br/>Coleslaw</p> <p>Ham w/Pineapple<br/>Herbed Rice Pilaf<br/>Sauteed Spinach<br/>Grilled Salmon<br/>Corn Muffin</p> <p>Strawberry Shortcake*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p>                        | <p>Beef Barley Soup<br/>Citrus Salad</p> <p>Chicken Stir Fry<br/>Lo Mein Noodles<br/>Sugar Snap Peas<br/>Pork Fried Rice<br/>Dinner Roll</p> <p>Oatmeal Raisin Cookie*</p> <p>Baked chicken, mashed potatoes, green beans, grill cheese, deli sandwich, salad, Jello, fruit, yogurt</p>                               |