



SAMPLE MENU



MONDAY

LUNCH

Soup of the Day
Beef Steak
Mashed Potatoes
Garlic Sautéed mixed vegetables

DINNER

Ham or Turkey Sandwich
Organic Mixed Green Salad
Yogurt (Strawberry, blueberry, peach)
Bruschetta Steamed Potatoes
Asparagus

THURSDAY

LUNCH

Soup of the Day
Baked chicken over Angel Hair Pasta
Steamed Broccoli

DINNER

Cucumber Salad
Pineapple Pork White Rice
Steamed Spinach

TUESDAY

LUNCH

Soup of the Day
Soft Chicken Tacos
Watermelon

DINNER

Greek Salad
Grilled Cheese Sandwich
Cottage Cheese
Jello

FRIDAY

LUNCH

Soup of the Day
Stir-Fry White Rice Green Peas
Garden Vegetables Chicken

DINNER

Baked Tilapia
Steamed Potatoes
Mixed Green Salad

WEDNESDAY

LUNCH

Soup of the Day
Vegetable Lasagna (Mushroom,
Spinach, Cheese)
Yogurt

DINNER

Green Salad with Mandarin oranges
Tuna Sandwich
Fruit Salad

SATURDAY

LUNCH

Soup of the Day
Spaghetti with Meat Sauce
Garlic Bread

DINNER

Cucumber Salad
Egg Sandwich
Cottage Cheese