



# Week 1 Menu Match

|           | Sunday                                                                                                                    | Monday                                                                                                                            | Tuesday                                                                                                               | Wednesday                                                                                                                    | Thursday                                                                                                                   | Friday                                                                                                                         | Saturday                                                                                                         |
|-----------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Breakfast | Fruit Juice<br>Assorted Cold Cereal<br>Oatmeal<br>Scrambled Eggs w/<br>cheese<br>English Muffin<br>Beverage of choice     | Fruit Juice<br>Assorted Cold Cereal<br>Cream of Wheat<br>Scrambled Eggs<br>French Toast<br>Beverage of choice                     | Fruit Juice<br>Assorted Cold Cereal<br>or Hot Cereal<br>Scrambled Eggs<br>Banana Bread<br>Jelly<br>Beverage of choice | Fruit Juice<br>Assorted Cold Cereal<br>Scrambled Eggs<br>Hash Browns<br>Bagels<br>Cream cheese, Jelly<br>Beverage of choice  | Fruit Juice<br>Assorted Cold Cereal<br>or Oatmeal<br>Scrambled Eggs<br>Doughnut<br>Jelly, Margarine<br>Beverage of choice  | Fruit Juice<br>Assorted Cold Cereal<br>or Cream of Wheat<br>Scrambled Eggs<br>Pancakes<br>Jelly<br>Beverage of choice          | Fruit Juice<br>Assorted Cold Cereal<br>or Hot Cereal<br>Coffee Cake<br>Hard Boiled Egg<br>Beverage of choice     |
| Lunch     | Cream of Asparagus<br>Soup<br>Potato Blintzes<br>Sliced Cucumber,<br>tomato, red Onion<br>Ice cream<br>Beverage of choice | Split Pea Soup<br>Corned Beef Sandwich<br>Potato Chips<br>Peas<br>Fruit Salad<br>Beverage of choice                               | Broccoli & Cheese Soup<br>Crackers<br>Cheese Pizza<br>Salad<br>Cheesecake<br>Beverage of choice                       | Chicken Vegetable Soup<br>Crackers<br>Hamburger & Bun<br>Potato Salad<br>Pears<br>Beverage of choice                         | Tomato Soup<br>Grilled Cheese Sandwich<br>Green Beans<br>Cake<br>Beverage of choice<br>(Irv) Sardines                      | Minestrone<br>Crackers<br>Lasagna<br>Tossed Salad<br>Garlic Bread<br>Cake<br>Beverage of choice                                | Chopped Herring<br>Crackers<br>Fried Chicken<br>Italian Zucchini<br>Baked Apple<br>Challah<br>Beverage of choice |
| Alt.      | See Alternative Menu                                                                                                      | See Alternative Menu                                                                                                              | See Alternative Menu                                                                                                  | See Alternative Menu                                                                                                         | See Alternative Menu                                                                                                       | See Alternative Menu                                                                                                           | See Alternative Menu                                                                                             |
| Dinner    | Pasta E Fagioli<br>Meat Balls<br>Spaghetti<br>Tossed Salad<br>Peaches<br>Garlic Breadstick<br>Beverage of choice          | Manhattan Chowder<br>Crackers<br>Baked Salmon<br>Baked Sweet Potato<br>Cauliflower Gratin<br>Banana Pudding<br>Beverage of choice | Steak Soup<br>Crackers<br>BBQ Chicken<br>Baked Potato<br>Cucumber Salad<br>Applesauce<br>Beverage of choice           | Cream of Celery<br>Crackers<br>Fried Flounder<br>Rice Pilaf<br>Peas & Carrots<br>Chocolate Chip Cookie<br>Beverage of choice | Vegetable Soup<br>Crackers<br>Meatloaf<br>Roast Potatoes<br>Spinach<br>Mandarin Oranges<br>Margarine<br>Beverage of choice | Gefilte Fish<br>Matzah Ball soup<br>Beef Brisket<br>Kasha & Bows<br>Summer Blend<br>Apple Pie<br>Challah<br>Beverage of choice | Cream of Carrot Soup<br>Crackers<br>Fishcakes<br>Mashed Potatoes<br>Cole Slaw<br>Brownies<br>Beverage of choice  |
| Alt.      | See Alternative Menu                                                                                                      | See Alternative Menu                                                                                                              | See Alternative Menu                                                                                                  | See Alternative Menu                                                                                                         | See Alternative Menu                                                                                                       | See Alternative Menu                                                                                                           | See Alternative Menu                                                                                             |

Blue Shaded is Dairy  
Red Shaded is Meat

Updated 09/08/08