



# Week 3 Menu Match

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fruit Juice Assorted Cold Cereal Oatmeal Scrambled Eggs w/ cheese English Muffin Beverage of choice	Fruit Juice Assorted Cold Cereal Cream of Wheat Scrambled Eggs French Toast Beverage of choice	Fruit Juice Assorted Cold Cereal or Hot Cereal Scrambled Eggs Banana Bread Jelly Beverage of choice	Fruit Juice Assorted Cold Cereal Scrambled Eggs Hash Browns Bagels Cream cheese, Jelly Beverage of choice	Fruit Juice Assorted Cold Cereal or Oatmeal Scrambled Eggs Doughnut Jelly, Margarine Beverage of choice	Fruit Juice Assorted Cold Cereal or Cream of Wheat Scrambled Eggs Pancakes Jelly Beverage of choice	Fruit Juice Assorted Cold Cereal or Hot Cereal Coffee Cake Hard Boiled Egg Beverage of choice
Lunch	Split Pea Soup Corned Beef Sandwich Potato Salad Peas Fruit Salad Beverage of choice	Cream of Potato Soup Bagel Lox Sliced Cucumber, tomato, red Onion Ice cream Beverage of choice	Steak Soup Crackers BBQ Chicken Baked Potato Cucumber Salad Applesauce Beverage of choice	Tomato Soup Grilled Cheese & Tomato Sandwich Green Beans Cake Beverage of choice (Irv) Sardines	Mushroom Barley Soup Crackers Rib Steak Steak Potatoes Bread Pears Beverage of choice	Minestrone Crackers Lasagna Tossed Salad Garlic Bread Cake Beverage of choice	Chopped Herring Crackers Fried Chicken Italian Zucchini Baked Apple Challah 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	Fish Chowder Crackers Baked Salmon Baked Sweet Potato Cauliflower Gratin Banana Pudding Beverage of choice	Pasta E Fagioli Meat Balls Spaghetti Tossed Salad Peaches Garlic Breadstick Beverage of choice	Broccoli & Cheese Soup Crackers Cheese Pizza Salad Cheesecake Beverage of choice	Chicken Vegetable Soup Crackers Meatloaf Roast Potatoes Spinach Cake Margarine Beverage of choice	Cream of Celery Crackers Fried Flounder Rice Pilaf Peas & Carrots Chocolate Chip Cookie Beverage of choice	Gefilte Fish Matzah Ball soup Beef Brisket Kasha & Bows Summer Blend Apple Pie Challah Beverage of choice	Cream of Carrot Soup Crackers Fishcakes Mashed Potatoes Cole Slaw Brownies 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 09/23/08