



January 19 – January 25, 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT
L U N C H	*HM CREAMY GARLIC HERB PORK LOIN MASHED POTATO ASPARAGUS PEACH PIE <u>ALTERNATE ITEMS:</u> SALISBURY STEAK CARROTS ANYTIME MENU OPTION	SPINACH ALFREDO- LASAGNA ROLL UP SUNSHINE CARROTS GARLIC BREAD PISTACHIO- PUDDING DESSERT <u>ALTERNATE ITEMS:</u> FISH BEETS ANYTIME MENU OPTION	*HM TERIYAKI PORK BUTTERED RICE IMPERIAL VEG EGG ROLL SWEET/SOUR SAUCE STRAWB. CRUNCH <u>ALTERNATE ITEMS:</u> VEGETABLE LASAGNA WAX BEANS ANYTIME MENU OPTION	SMOTHERED SWISS- STEAK MASHED POTATO CALIFORNIA BLEND BREAD PUDDING <u>ALTERNATE ITEMS:</u> PORK PEAS ANYTIME MENU OPTION	OPEN FACE HOT- TURKEY SANDWICH MASHED POTATO STUFFING BUTTERED YAMS ESCALLOPED- PINEAPPLE <u>ALTERNATE ITEMS:</u> CABBAGE ROLL CARROTS ANYTIME MENU OPTION	BAKED CRAB CAKES TARTAR SAUCE LEMON SLICE CREAMED POTATOES HARVARD BEETS LEMON COCONUT- CAKE <u>ALTERNATE ITEMS:</u> CHICKEN BREAST YAMS ANYTIME MENU OPTION	CHICKEN FETTUCCINE- CASSEROLE BUTTERED PEAS DINNER ROLL RHUBARB SAUCE <u>ALTERNATE ITEMS:</u> BEEF TENDERKNIT RED CABBAGE ANYTIME MENU OPTION
D I N N E R	*HM TATOR TOT- CASSEROLE BLUEBERRY MUFFIN TROPICAL FRUIT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	MUSHROOM SWISS- BURGER ON BUN POTATO SALAD CINNAMON APPLES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CORN CHOWDER CRACKERS EGG SALAD- SANDWICH PEACH FLUFF <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CHICKEN TENDERS HONEY MUSTARD FRENCH FRIES RAINBOW SHERBET <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM MACARONI & CHEESE with HAM MIXED VEGETABLES CHOCOLATE MOUSSE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CHICKEN & DUMPLING SOUP CRACKERS HAM SALAD- SANDWICH CREAMY GELATIN <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CHIPPED BEEF- OVER BISCUITS GREEN BEANS PEAR SLICES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION

MENU SUBJECT TO CHANGE

*HM = HOMEMADE

AVERAGE DAILY MENU: 2-4gm SODIUM/DAY

45-60gm CARB/MEAL