

SAMPLE MENU FOR CONGREGATE AND HOME DELIVERED MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	Portuguese chicken with peppers and onions Brown rice French green beans Wheat dinner roll Grape juice Seasonal fresh fruit	Minestrone soup with crackers Seafood salad plate served on bed of lettuce with tomato and marinated beet salad French dressing Portuguese roll Chocolate chip cookie	Veal roulade with gravy Mashed potato California blend vegetables Seedless rye bread Diet fruited jell-o with whipped topping	Beef stew served over egg noodles Tossed salad with cucumber and Italian dressing 100% whole wheat bread Fruit cocktail
7	8	9	10	11
Spaghetti & meatballs in marinara sauce Parmesan cheese Fresh zucchini Garlic bread Sherbet	Stuffed salmon with dill sauce OR Chicken salad on wheat with lettuce Rice Pilaf Oriental blend vegetables Wheat bread Cling peaches	Sliced turkey with gravy Herbed stuffing Cut green beans Cranberry sauce Dinner roll Pineapple tidbits	Stuffed cabbage roll Mashed potato Diced carrots Wheat bread Cranberry juice Coffee cake	Chicken noodle soup with crackers Eggplant rollatoni Penne with marinara sauce Parmesan cheese Tossed salad with tomato and Italian dressing Italian bread Seasonal fresh fruit
14	15	16	17	18
Orange glazed chicken quarter Egg noodles Garden peas Pumpernickel bread Chocolate pudding with whipped topping	Sliced ham with pineapple glaze Cut sweet potato Mixed vegetables Wheat bread Mandarin oranges	Dave's meatloaf Mashed potato Chopped spinach Seedless rye bread Pineapple juice Seasonal fresh fruit	New England clam chowder with crackers Chicken Caesar salad with croutons & Caesar dressing Soft breadstick Apricot halves	Cheese baked ziti Sausage Broccoli florettes Parmesan cheese Garlic bread Key lime pie
21	22	23	24	25
Succulent pork loin with gravy Applesauce garnish Scalloped potatoes Peas & diced carrots Wheat bread Seasonal fresh fruit	Vegetable beef soup with crackers Cold cut grinder with ham, turkey, cheese, lettuce, tomato and mayonnaise Coleslaw vinaigrette Vanilla pudding with strawberries	BBQ chicken quarter Macaroni & cheese California blend vegetables Buttermilk biscuit Cinnamon spiced apples	Yankee pot roast with gravy Mashed potato Cut green beans Wheat dinner roll Birthday cake	Butter crumb fish Brown rice pilaf Oriental blend vegetables Seedless rye bread Apple juice Cling peaches
28	29	30		
Hot open roast beef sandwich on white with gravy Mashed potato Diced Carrots Bartlett pears	Portuguese chicken with peppers and onions Brown rice French green beans Wheat dinner roll Grape juice Seasonal fresh fruit	Minestrone soup with crackers Seafood salad plate served on a bed of lettuce with tomato and marinated beet salad French dressing Portuguese roll Chocolate chip cookie		