

## Menu 1

### **Sunday**

*Breakfast-* Oatmeal, Buttered Toast

*Lunch-* Roast, Carrots, Potatoes and Gravy

*Dinner-* Bacon, Lettuce, Tomato Sandwiches, Fruit Smoothies

### **Monday**

*Breakfast-* Pancakes, Sausage

*Lunch-* Homemade Pizza

*Dinner-* Chicken and Rice, Carrots

### **Tuesday**

*Breakfast-* Fried Eggs on Toast, Fresh Fruit

*Lunch-* Quesadillas, Peaches

*Dinner-* Stew, made from leftover roast and veggies, Cornbread

### **Wednesday**

*Breakfast-* Chocolate Chip Muffins, Pears

*Lunch-* Homemade Chicken Nuggets and French Fries, Grapes

*Dinner-* Beans and Rice with Salsa and Sour Cream

### **Thursday**

*Breakfast-* Granola

*Lunch-* Sandwiches, Fruit Salad

*Dinner-* Chicken Alfredo, Green Beans, Tossed Salad

### **Friday**

*Breakfast-* Scrambled Egg Burritos, Applesauce

*Lunch-* Nachos

*Dinner-* Barbeque Chicken, Potato Wedges, Steamed Broccoli

### **Saturday**

*Breakfast-* Breakfast Cookies

*Lunch-* Leftovers

*Dinner-* Grilled Hamburgers, Baked Beans, Potato Salad, Raw Veggie Tray