

WEEK #1

Quaker's Landing With Wednesday Picnic

SUNDAY 7/11	MONDAY 7/12	Tuesday 7/13	WED. 7/14	THUR. 7/15	FRIDAY 7/16	SATURDAY 7/17
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Chilled Juice Cold/Hot Cereal Eggs your choice Bacon 2 sl Donut Milk 2% or Skim Coffee/Tea	Chilled Juice Cold/Hot Cereal French Toast Scrambled Egg Fruit Cocktail Milk 2% or Skim Coffee/ Tea	Chilled Juice Cold/Hot Cereal Scrambled Eggs White Toast(2 sl) Banana Milk 2% or Skim Coffee/Tea	Chilled Juice Cold/Hot Cereal Cheese Omelet egg(1)cheese (1 oz) Whole Wheat Toast (2 sl) Milk 2% or Skim Coffee/Tea	Chilled Juice Cold/Hot Cereal Pancakes(2)(sf syrup) Sausage (2 oz) Banana Milk 2% or Skim Coffee/Tea	Chilled Juice Cold/Hot Cereal Scrambled Egg Bacon (2 sl) Rye Toast (2 sl) Milk 2% or Skim Coffee/Tea	Chilled Juice Cold/Hot Cereal Waffles (2) (sfsyrup available) Sausage (2 oz) Banana Milk 2% or Skim Coffee/Tea
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sunday Dinner Chilled Juice Chef Salad/Dressing Roast Pork /gravy or Baked Chicken/gravy Potato Apple Slices Glazed Carrots Milk 2% or Skim Coffee/ Tea DESSERT Pie or pudding (SF)	Chilled Juice Tomato Herb Soup or :Vegetable Soup Mini Sub (TK,HAM,CH, Let & T chips and pickle or: Egg Salad lettuce/tomato/pickle Milk 2% or Skim Coffee/ Tea DESSERT Sherbert or Blueberry Muffin	Chilled Juice Beef Barley Soup or :Cream of Asparagus Chicken BLT Pasta Salad or:BLT Sandwich with Tomato & Cuke Salad Milk 2% or Skim Coffee/ Tea DESSERT Peaches or :Pudding	Chilled Juice Hot Dog on Bun Macaroni Salad Baked Beans Corn Chips Milk 2% or Skim Coffee/ Tea DESSERT Fruited Jell-O or Pears	Chilled Juice Split Pea (Ham)Soup or: Chicken Vegetable Turkey Sandwich Crandberry sauce or: Cobb Salad served with roll & butter Milk 2% or Skim Coffee/ Tea DESSERT Fruit Cocktail or : Peach Cobbler	Chilled Juice New England Clam Or: Tomato Soup chicken Taco Salad lettuce/tomato or :Grilled Cheese with tomato slices Milk 2% or Skim Coffee/ Tea DESSERT Applesauce or Lemon Pudding	Chilled Juice Vegetarian Veggie Soup or Cream of chicken soup BLT Sandwich with Potato Salad OR: Hot Dog/roll served w Potato salad Milk 2% or Skim Coffee/ Tea DESSERT Chilled Apricots or melon
DINNER:	DINNER:	DINNER:	DINNER:	DINNER:	DINNER:	DINNER:
Sunday Supper Chilled Juice Beef Noodle Soup Cheese/Bacon/Tomato Melt or: Tuna Sandwich corn Chips DESSERT Creamy Peach Dessert or Pears Milk 2% or Skim Coffee/Tea	Chilled Juice Dinner Salad/dressing Turkey Fricassee over Puff Pastry Lemon Butter peas or: Baked Fish Rice Pilaf Lemon Buttered peas DESSERT Mini Tart or Fruited Jello Milk 2% or Skim Coffee/Tea	Chilled Juice Dinner Salad/dressing Grilled Chicken Scalloped Potatoes Green Beans or: Cabbage Rolls Green Beans DESSERT Lemon Cake or Fresh Banana Milk 2% or Skim Coffee/Tea	Chilled Juice Turkey Vegetable Soup or ; Cream of mushroom Bologna & cheese sandwich on roll w/ Chips assorted lunch meat Sand. with chips DESSERT Turnover or Fresh Fruit Milk 2% or Skim Coffee/Tea	Chilled Juice Dinner Salad/dressing Spaghetti & Meatballs I talian Mixed Vegetable garlic bread or:Oven Fried Chicken Sweet Potatoes Mixed Vegetables DESSERT Cheese Cake Milk 2% or Skim Coffee/Tea	Chilled Juice Dinner Salad/dressing Fish Fry French Fries ColeSlaw or: Salisbury Steak French Fries Broccoli DESSERT Strawberry Mousse or peaches Milk 2% or Skim Coffee/Tea	Chilled Juice Dinner Salad/dressing Beef LoMein Chinese Vegetables Egg Roll or: Stuffed Peppers Mashed Potatoes Peas/Carrots DESSERT Angel Food Cake or peaches Milk 2% or Skim Coffee/Tea
WATER SERVED AT	EVERY MEAL					

**SNACKS AVAILABLE:
CRACKERS,CHEESE,COOKIES,
FRUIT, MILK, JUICE, SODA**