

LL Summer Fall 2014 - WEEK 1

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange Juice	Cranberry Juice	Apple Juice	Grape Juice	Pineapple Juice	Orange Juice	Cranberry Juice
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
	Cottage Cheese Breakfast	Marble Cheese	Scrambled Eggs	Hard Boiled Egg	Fried Egg	Cheddar Cheese	Poached Egg
	Raisin Toast	Banana Muffin	White Toast	Apple Spice Muffin	Whole Wheat Toast	Rye Toast	Bacon
	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Whole Wheat Toast
	-----	-----	Strawberry Jam	-----	Raspberry Jam	Raspberry Jam	-----
	Special K Cereal	Bran Flakes	-----	Raisin Bran Cereal	-----	-----	Rice Krispies Cereal
	Peanut Butter	Peanut Butter	Rice Krispies Cereal	Peanut Butter	Special K Cereal	Bran Flakes	Peanut Butter
	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	White Toast
	Raspberry Jam	Strawberry Jam	Whole Wheat Toast	Orange Marmalade	White Toast	Whole Wheat Toast	
L U N C H	Navy Bean Soup	Tomato & Rice Soup	Soda Crackers	Cabbage Soup	LS Corn Chowder	Turkey Noodle Soup	Cream of Celery Soup
	Soda Crackers	Soda Crackers	Chicken Vegetable Soup	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers
	Shaker Pork on Bun	Macaroni & Cheese	Tuna Salad on Wheat	Turkey Loaf	Hamburger on Wheat Bun	Pork Tortiere	Grill Chicken Sandwich
	Chuckwagon Corn	Steamed Broccoli	Rainbow Coleslaw	Seasoned Green Peas	Potato Salad	Seasoned Diced Turnips	Romaine w/Mustard
	Diced Fresh Melon	Soft Garlic Stick	Pineapple Tidbits	Whole Wheat Bread	Banana Half	Multigrain Bread	Vinaigrette
	-----	Strawberries	Ranch Dressing	Mandarin Oranges	-----	Chilled Peach Slices	Mango
	Deviled Egg	Margarine	-----	Margarine	Salmon Salad Sandwich	Margarine	-----
	Macaroni Salad	-----	Chicken Strips	-----	Mixed Green Salad	-----	Four Cheese Pasta
	Pickled Beets	Beef Salad Sandwich	Crinkle Cut Fries	Shaved Ham on Wheat	Tropical Fruit Chiffon	Egg Salad on Wheat	Casserole
	Whole Wheat Bread	Mixed Green Salad	Braised Zucchini	Red Onion Cucumber Salad	Margarine	Tomato Salad	Buttered Cabbage
Chocolate Mousse	w/Dressing	White Bread	Ice Cream Sandwich		Baked Custard	Whole Wheat Bread	
	Lime Sherbet	Vanilla Pudding				Ice Cream Sandwich	
		Margarine					
D I N N E R	Chopped Steak & Gravy	Turkey a la King	Pork Roast	Spinach Cheese Penne	Chicken Fricassee	Spaghetti & Meat Sauce	Braised Beef Brisket
	Savory Diced Potatoes	Buttermilk Biscuit	Chive Whipped Potatoes	Herbed Green Beans	Rice Pilaf	Garlic Bread	Mashed Potatoes
	Parsley Carrots	Buttered Brussels Sprouts	Orange-Glazed Beets	Iced Brownie	Steamed Asparagus	Caesar Salad	Lima Beans
	Vanilla Caramel Cake	Rice Pudding	Apple Crisp	Toasted Garlic Bread	Butter Tart	Macaroon Madness Bar	Black Forrest Cake
	Wheat Roll	Whole Wheat Bread	Wheat Roll	Margarine	Marble Rye Bread	Margarine	Wheat Roll
	Margarine	Margarine	Margarine	-----	Margarine	-----	-----
	-----	-----	Brown Gravy	Hungarian Goulash	-----	Lemon Pepper Cod	Pineapple Pork Chops
	Herb Baked Chicken Breast	Multigrain Tilapia	-----	Herb Roasted Potatoes	Farmers Sausage	Herb Mashed Potatoes	Roasted New Potatoes
	Mashed Sweet Potatoes	Au Gratin Potatoes	Braised Veal Tips	Buttered Corn	Boiled Mini Red Potato	Peas & Carrots	Zucchini Medley
	Key West Vegetables	Wax Beans	Egg Noodles	Sliced Apricots	Diced Squash	Mixed Berries	Stewed Rhubarb
Fruit Cocktail	Chilled Diced Peaches	Seasoned Spinach		Hot Spiced Apples			
		Blushing Pears					

NOTE: 125 ml of assorted juice offered every day at lunch and dinner. 250 ml milk offered every day at all meals. 180 ml of coffee or tea offered at all meals.

LL Summer Fall 2014 - WEEK 2

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Apple Juice Cream of Wheat Scrambled Eggs White Toast Margarine Strawberry Jam ----- Raisin Bran Cereal Peanut Butter Whole Wheat Toast	Grape Juice Oatmeal Cottage Cheese Breakfast Assorted Danish Margarine Orange Marmalade ----- Special K Cereal Peanut Butter Whole Wheat Toast	Pineapple Juice Cream of Wheat Hard Boiled Egg White Bread Margarine Raspberry Jam ----- Bran Flakes Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Vanilla Yogurt Whole Wheat Toast Margarine Strawberry Jam ----- Rice Krispies Cereal Peanut Butter White Toast	Orange Juice Cream of Wheat Fried Egg Margarine ----- Raisin Bran Cereal Peanut Butter Whole Wheat Toast Raspberry Jam	Apple Juice Oatmeal Vanilla Yogurt Bran Muffin Margarine Raspberry Jam ----- Special K Cereal Peanut Butter Rye Toast	Orange Juice Cream of Wheat Poached Egg Bacon Whole Wheat Toast Margarine ----- Bran Flakes Peanut Butter White Toast Honey
LUNCH	LS Carrot Ginger Soup Soda Crackers Weiners & Beans Rainbow Coleslaw Corn Muffin Fruit Salad Margarine ----- Swiss & Tomato Sandwich Spinach Salad Cherry Cheesecake	LS Cream of Broccoli Soup Soda Crackers Shaved Beef on Wheat Mixed Lettuce Salad w/Dressing Chilled Pineapple ----- Asparagus Frittata Marinated Tomatoes White Roll Mandarin Chiffon Margarine	LS Minestrone Soup Hmd Soda Crackers Turkey Salad on Lettuce Bed Triple Bean Salad Whole Wheat Bread Diced Fresh Melon Margarine ----- Bratwurst on Bun Sliced Beets Chocolate Pudding	LS Garden Vegetable Soup Soda Crackers Cabbage & Beef Casserole Zucchini Medley Rye Bread Chilled Pear Halves Margarine ----- Eggs Benedict Romaine & Onion Salad Orange Sherbet	Soda Crackers Chicken Vegetable Soup Spinach & Swiss Quiche Garden Salad Multigrain Bread Strawberries Margarine ----- Italian Deli Meat on Baguette Copper Penny Salad Butterscotch Pudding	Soda Crackers Mushroom Soup Chicken Burger on Bun Cucumber Salad Mandarin Oranges ----- Cheddar Cheese & Fruit Mixed Green Salad Whole Wheat Bread Baked Custard Margarine	Potato Vegetable Soup Soda Crackers Cheese Beef Macaroni Wax Beans w/Tarragon White Bread Peach Pinwheel Margarine ----- Salmon Salad on Wheat Peas Green & Onion Salad Lemon Mousse
DINNER	Liver & Onions Whipped Potatoes Seasoned Green Peas Peanut Butter Bar Wheat Roll Margarine ----- Apricot Glazed Ham Scalloped Potatoes Cauliflower Polanaise Sliced Pears	Italian Baked Fish Parslied New Potatoes Fresh Herbed Zucchini Frosted Eclair Toasted Garlic Bread Margarine ----- Mustard Chicken Garlic Noodles Key West Vegetables Mixed Berries	Ginger Beef Rosemary Potatoes Baby Carrots Cherry Crisp Multigrain Bread Margarine ----- California Casserole Buttered Corn Fresh Watermelon	Lemon Pepper Chicken Leg Garlic Mashed Potatoes Green Beans Tapioca Pudding Wheat Roll Margarine ----- Sweet-N-Sour Pork Bites Fluffy Rice Red & Green Peppers Lemon Meringue Pie Slice	Baked Fish & Dill Sauce Herb Roasted Potatoes Steamed Broccoli Frosted Chocolate Cake Margarine ----- Turkey Hash Whipped Squash Tropical Fruit Wheat Roll	BBQ Pork Baked Potato Mashed Turnips Coconut Cream Pie Slice White Roll Margarine ----- Sour Cream ----- Bavarian Veal Mashed Potatoes Buttered Brussels Sprouts Glazed Bananas	Roast Turkey Dijon Mashed Potatoes Steamed Asparagus Rice Pudding Wheat Roll Margarine ----- Turkey Gravy ----- Zucchini Parmigiana Bake Seasoned Spinach Chilled Sweet Cherries

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LL Summer Fall 2014 - WEEK 3

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Cranberry Juice Oatmeal Cheddar Cheese Lemon Cranberry Muffin Margarine Raspberry Jam ----- Rice Krispies Cereal Peanut Butter White Toast	Pineapple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Margarine Honey ----- Raisin Bran Cereal Peanut Butter White Toast	Apple Juice Oatmeal Peanut Butter Banana Muffin Margarine ----- Special K Cereal Vanilla Yogurt Whole Wheat Toast Strawberry Jam	Orange Juice Cream of Wheat Poached Egg Whole Wheat Toast Margarine Raspberry Jam ----- Bran Flakes Peanut Butter White Toast	Grape Juice Oatmeal Fried Egg Margarine Strawberry Jam ----- Rice Krispies Cereal Peanut Butter White Bread	Pineapple Juice Cream of Wheat Cottage Cheese Breakfast Whole Wheat Toast Margarine Honey ----- Raisin Bran Cereal Peanut Butter White Toast	Cranberry Juice Oatmeal Peanut Butter Hard Boiled Egg Whole Wheat Toast Margarine Raspberry Jam ----- Special K Cereal Bacon White Toast
L U N C H	Country Bean & Veg Soup Soda Crackers Sliced Ham on Wheat Tossed Salad w/Dressing Blushing Pineapple ----- Chicken Rice Casserole Diced Carrots Whole Wheat Bread Caramel Bread Pudding Margarine	Beef Noodle Soup Soda Crackers Vegetarian Chili Pickled Beets Toast Points Chilled Plums Margarine ----- Sliced Turkey on Wheat Lettuce Tomato Salad Fruit Whip	LS Turkey Veg Soup Soda Crackers Sausage Patty Pancakes Blueberries Orange Sections Syrup ----- Crab Salad on Croissant Mixed Green Salad w/Dressing Vanilla Ice Cream Margarine	Cream of Mushroom Soup Soda Crackers Roast Beef on Wheat w/Mayo Dill Potato Salad Applesauce ----- Vegetable Pizza Garden Salad Multigrain Bread Strawberry Banana Yogurt Parfait Margarine	Soda Crackers LS Beef Vegetable Soup Hot Dog on Bun Copper Penny Salad Whole Wheat Bread Diced Fresh Melon Margarine ----- Chicken Salad on 12 Grain Romaine w/Mustard Vinaigrette Tropical Fruit Chiffon	LS Split Pea Soup Soda Crackers Sweet Potato Fries Cod Nuggets Sliced Carrots Buttered WW Bread Sliced Apricots Margarine ----- Turkey Caesar Wrap Creamy Coleslaw Orange Sherbet	Harvest Vegetable Soup Soda Crackers Grill Chicken Sandwich Spinach Orange Salad Fresh Watermelon ----- Beef Macaroni Calico Corn White Bread Cherry Pie Slice Margarine
D I N N E R	MeatLoaf Mashed Potatoes Creamed Corn Frosted Marble Cake Multigrain Bread Margarine ----- Battered Pollock Roasted New Potatoes Oregano Green Beans Strawberries & Topping	Pork Chopette Oven-browned Potatoes Seasoned Spinach Luscious Lemon Square Wheat Roll Margarine ----- Lamb Curry Fluffy Rice Cauliflower Tapioca Pudding	Chalet Chicken w/Sauce Parisienne Potatoes Steamed Broccoli Nanaimo Bar Marble Rye Bread Margarine ----- Salisbury Steak & Gravy Savory Potato Wedges Wax Beans & Pimento Banana Half	Ginger Roast Pork Mashed Potatoes Glazed Carrots Raisin Pie Slice Wheat Roll Margarine ----- Dijon Haddock Parslied Potatoes Seasoned Green Peas Peach Halves	Beef Strips & Gravy Chive Whipped Potatoes Seasoned Zucchini Frosted Brownie Wheat Roll Margarine ----- Spinach & Cheese Cannelloni Broccoli Spears Mixed Berries	Spaghetti & Meat Sauce Tossed Salad w/Dressing Strawberry Shortcake Garlic Bread Margarine ----- Kielbasa Sausage Herb Mashed Potatoes Whipped Squash Cinnamon Pears White Roll	Herb Pork Loin Boiled Mini Red Potato Diced Beets Rice Pudding Wheat Roll Margarine ----- Baked Tilapia Mashed Potatoes Key West Vegetables Tropical Fruit

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LL Summer Fall 2014 - WEEK 4

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Pineapple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Margarine Orange Marmalade ----- Bran Flakes Peanut Butter White Toast	Grape Juice Oatmeal Strawberry Yogurt Assorted Danish Margarine Strawberry Jam ----- Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Egg Omelette Whole Wheat Toast Margarine Honey ----- Raisin Bran Cereal Peanut Butter White Toast	Apple Juice Oatmeal Cheddar Cheese Whole Wheat Toast Margarine Raspberry Jam ----- Special K Cereal Peanut Butter White Toast	Orange Juice Cream of Wheat Fried Egg Whole Wheat Toast Margarine ----- Bran Flakes Peanut Butter White Toast	Cranberry Juice Oatmeal Vanilla Yogurt Morning Glory Muffin Margarine ----- Rice Krispies Cereal Peanut Butter Whole Wheat Toast Strawberry Jam	Pineapple Juice Cream of Wheat Poached Egg Bacon Rye Toast Margarine Raspberry Jam ----- Raisin Bran Cereal Peanut Butter Whole Wheat Toast
LUNCH	Soda Crackers Chicken Vegetable Soup Corned Beef on Wheat Marinated Vegetables Glazed Bananas ----- Cheesy Baked Ziti Caesar Salad Soft Garlic Stick Ice Cream Sandwich Margarine	LS Italian Wedding Soup Soda Crackers Egg Salad on Croissant Spinach Salad Mixed Berries ----- Cabbage & Beef Casserole Seasoned Green Peas Whole Wheat Bread Butterscotch Pudding Margarine	Cabbage Beef Soup Soda Crackers Turkey & Cran on Wheat Sweet Potato Fries Citrus Cup ----- Cottage Cheese & Fruit Plate Romaine & Onion Salad Multigrain Bread Strawberry Mousse Margarine	Soda Crackers Turkey Rice Soup Cheese Tuna Pasta Broccoli Salad Whole Wheat Bread Pineapple Slices Margarine ----- Pork Riblette on White Bun Rainbow Coleslaw Ice Cream Sundae	Soda Crackers Fall Harvest Soup Potato Leek Quiche Mixed Green Salad w/Dressing Wheat Roll Cranberry Peach Salad Margarine ----- Sliced Turkey on Rye Beet & Onion Salad Almond Custard	Soda Crackers Cream of Tomato Soup Grilled Cheese on White Bread Tossed Salad w/LoCal Drsg Hot Spiced Apples Margarine ----- Chicken Pot Pie Fancy Blend Vegetables Wheat Roll Lemon Chiffon	LS Vegetable Rice Soup Soda Crackers Salmon Salad on Wheat Mixed Green Salad Chilled Diced Pears Margarine ----- Bangers and Mash Buttered Cabbage White Bread French Crm Cheesecake
DINNER	Smothered Pork Chop Sliced Potatoes Wax Beans Date Square Wheat Roll Margarine ----- Turkey Paprikash Chive Whipped Potatoes Buttered Brussels Sprouts Chilled Apple Slices	Rosemary Chicken Garlic Mashed Potatoes Glazed Baby Carrots Pumpkin Pie Slice Wheat Roll Margarine ----- Crunchy Baked Cod Baked Potato Mashed Turnips Chilled Apricots Sour Cream	Pork Chow Mein Fluffy Rice Oriental Vegetables Chocolate Revel Bar ----- Veal Marsala Boiled Mini Red Potato Parslied Cauliflower Chilled Peach Slices White Roll Margarine	BBQ Meatloaf Baked Potato Seasoned Spinach Blueberry Crumble Toasted Garlic Bread Margarine Sour Cream ----- Lemon Glazed Chicken Mashed Potatoes Fresh Herbed Zucchini Fruit Cocktail	LemonParsley Salmon Savory Diced Potatoes Diced Squash Iced Banana Cake Multigrain Bread Margarine Dill Sauce ----- Honey Ham Scalloped Potatoes Seasoned Green Peas Stewed Rhubarb & Berries	Swedish Meatballs Egg Noodles Herbed Green Beans Raspberry Tart Rye Bread Margarine ----- Marinated Pork Loin Mashed Potatoes Buttered Corn Mandarin Oranges	Beef & Mushrooms Parslied Potatoes Seasoned Diced Turnips Apple Hi-Pie Slice Wheat Roll Margarine ----- Baked Ocean Perch Roasted New Potatoes Steamed Broccoli Mixed Berries

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