



WEEKLY MENU

May 14 – May 18, 2018

MONDAY, May 14

Breakfast:

Oatmeal, Scrambled Eggs, Hash Browns, Sausage, Bacon, Frittata

Lunch

Healthy Choice: *Chicken Teriyaki*

Alternate: Macaroni & Cheese

Sides: Mixed Vegetables, Steam Rice

Soup of the Day: French Onion, Chili

TUESDAY, MAY 15

Breakfast:

Oatmeal, Scrambled Eggs, Hash Browns, Bacon, Sausage, French Toast or Waffles

Lunch: *Spinach Pie*

Alternate: Chicken Tortellini

Soup of the Day: Chicken and Wild Rice, Chili

WEDNESDAY, MAY 16

Breakfast:

Oatmeal, Scrambled Eggs, Hash Browns, Bacon, Sausage, Biscuits and Gravy

Lunch:

Healthy Choice: *Pasta w/Sun-Dried Tomatoes, Pesto and Feta*

Alternate: Chicken Fried Steak w/Gravy

Sides: Country Trio Vegetables, Mashed Potatoes and Gravy

Soup of the Day: Chef's Choice

THURSDAY, MAY 17**Breakfast:**

Oatmeal, Scrambled Eggs, Hash Browns, Bacon, Sausage, Poached Eggs, Corned Beef Hash

Lunch:

Healthy Choice: *Italian Chicken*

Alternate: Baked Shrimp in tomato feta sauce

Sides: steamed rice, mixed vegetables

Soup of the Day: Mexican Chicken and Rice, Vegetarian Chili

FRIDAY, MAY 18**Breakfast:**

Oatmeal, Scrambled Eggs, Hash Browns, Sausage, Bacon, Berry or Cheese Blintz,

Lunch:

Healthy Choice: *Lemon Butter Cod*

Alternate: Pizza Friday!

Sides: Green Beans, Wild Rice

Soup of the Day: Clam Chowder, Vegetarian Chili