



August 8<sup>th</sup> to August 14<sup>th</sup>, 2010

Diabetic and Low-salt diets may differ

	<b>Breakfast</b>	<b>Noon Meal</b>	<b>Evening Meal</b>
<b>SUN</b> 8/8	Cream of Wheat Any Style Eggs Sausage Links Fruit	Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Roll OR Baked Glazed Ham, Whipped Yams, Broccoli, Roll  Pumpkin Pie	New England Clam Chowder Oyster Crackers Crab Louie Salad Roll  Ice Cream
<b>MON</b> 8/9	Oatmeal Waffles Bacon Fruit	Kielbasa, Roasted Potatoes, Sautéed Onions & Peppers, Roll OR Herbed Baked Chicken, Parmesan Noodles, Brussel Sprouts  Chocolate Pudding Parfait	Vegetable Soup Crackers Cottage Cheese & Fruit Plate Banana Bread  Magic Cookie Bar
<b>TUES</b> 8/10	Cream of Wheat Any Style Eggs Hashbrowns Fruit	BBQ Pork, Au Gratin Potatoes, Broccoli OR Baked Fish in Butter Sauce, Rice Pilaf, Buttered Beets Frosted Angel Food Cake	Chicken Tenders Mixed Vegetables Roll  Assorted Desserts
<b>WEDS</b> 8/11	Oatmeal Cheese Quiche Sausage Patty Fruit	Salisbury Steak, Garlic Mashed Potatoes, Buttered Spinach, Roll OR Chicken Breast Supreme, Parsley Noodles, Stewed Tomatoes Butterscotch Tarts	Chicken Rice Soup Crackers Tuna Salad on a Croissant Tomato Wedges  Ambrosia
<b>THUR</b> 8/12	Cream of Wheat Any Style Eggs Bacon Fruit	Herbed Pork Loin, New Potatoes, Sautéed Cabbage, Roll OR Veal Piccata, Spaghetti, Zucchini, Roll  Frosted Lemon Cake	Turkey Divan Buttered Noodles Roll  Blonde Brownie
<b>FRI</b> 8/13	Oatmeal French Toast Canadian Bacon Fruit	Pub House Cod, Jasmine Rice, Green Beans, Roll OR Baked Ham, Roasted Potatoes, Mixed Vegetables, Roll  Blackberry Pie	French Dips w/Au Jus Steak Fries Cucumber Tomato Salad  Peach Cobbler
<b>SAT</b> 8/14	Cream of Wheat Continental Breakfast Fruit	Pork Chops, Noodles, Carrot Coins, Roll OR Sweet & Sour Chicken, Jasmine Rice, Mixed Vegetables, Fortune Cookie  Mousse	Baked Potato Soup Crackers BBQ Beef on a Bun Coleslaw  Ice Cream