

Date	Breakfast	Dinner	Supper
Monday January 30	French Toast Bacon Hot/Cold Cereal	Tossed Salad Beef Tips with Roasted Mushrooms Egg Noodles Mixed Vegetable Assorted Dessert	Chicken Salad with Fresh Pineapple and Grapes Cheese Bread Sticks Cookies
Tuesday January 31	Cheese Omelet Bacon Hot/Cold Cereal Toast	Sliced Eggs/Croustades Ham Steaks Baked Sweet Potato Brussels Sprouts Strawberry Parfait	Greens /Sliced Tomato Grilled Turkey Burger French Fried Onion Baked Beans Martha's Oatmeal Cookie
Wednesday February 1	Boiled Eggs Blueberry muffins Hot/Cold Cereal Grapefruit	Caesar Salad Italian Spaghetti French Bread Vanilla Custard	Ham Salad on Croissant Butternut Squash Soup Fresh Cookies
Thursday February 2	Pancakes and Sausages Hot/Cold Cereal Fruit	Veggies and Dip Garlic Rosemary Chicken Roasted Root Vegetables Cranberry Clafouti	Deluxe Roast Beef Sandwich Diane's Pizzaiola Soup Rice Crispy Bar
Friday February 3	Choice off Egg Bacon Hot/Cold Cereal Toast	Broccoli Salad Lemon Cod Twice Baked Potato Green Beans with Shallots and Almonds Rhubarb Dessert	Sliced Oranges Tuna Salad Sandwich Chicken Noodle Soup Cookies
Saturday February 4	Oatmeal Cinnamon Rolls Cold Cereal Sliced Oranges	Waldorf Salad Pork Chops/Gravy Sausage Bread Stuffing Glazed Carrots Cherry Pie	Beef Chili Corn Muffins Chocolate Chip Cookies
Sunday February 5	Scrambled Eggs Bacon Toast Hot/Cold Cereal	Cabbage Broccoli Slaw Parmesan Chicken Boiled Potatoes Creamed Gravy Mixed Vegetable Tiramisu	Caesar Salad Lasagna French Bread Ice Cream with Cookie

Menus subject to change Cycle 3