

MON



**BREAKFAST:** Bagels  
**LUNCH:** Chicken Breast with Gravy & Roasted Potatoes or Lamb Gyro with Tzatziki Sauce & Pita Bread, Green Beans & Cucumber/Tomato/Onion Salad  
**DINNER:** Spaghetti with Meat Sauce or Tilapia with Citrus Sauce, Rice, Broccoli, Garden Salad & Garlic Baguette

TUE



**BREAKFAST:** Pancakes  
**LUNCH:** Deli Sandwich with House Chips or Pork Chop with Mustard Sauce, Barley, Peas, Corn, & Mixed Salad  
**DINNER:** Top Sirloin with Quinoa or Cheese Tortellini with Alfredo Sauce, Green Beans & Cauliflower, Garden Salad & Dinner Roll

WED



**BREAKFAST:** Biscuits & Gravy  
**LUNCH:** Turkey and Beef Tacos, Spinach Rice, Seasoned Black Beans, Lettuce & Tomato  
**DINNER:** Salmon Fillet with Lemon Wedges or Chicken Breast with Mushroom Sauce, Potatoes Au Gratin or Orzo Pasta, Asparagus, Garden Salad & Toasted Baguette

THU



**BREAKFAST:** Scones  
**LUNCH:** Ham Steak with Pineapple Chutney, Sweet Potatoes & Green Beans or Chopped Salad with Egg, Cheese, Croutons, Tomato, Onion, Cucumber, Carrot and Bread roll  
**DINNER:** Jamaican Jerk Chicken Breast with Rice or Salisbury Steak with Mashed Potatoes & Gravy, Cabbage & Carrots, Garden Salad & Dinner Roll

FRI



**BREAKFAST:** Waffles  
**LUNCH:** Turkey Burger or Frankfurter with Potato Salad, Mixed Green Salad & Fruit  
**DINNER:** Chile Lime Cod with Brown Rice or Pork Chop with Teriyaki Sauce, Noodles, Stir Fry Vegetables, Egg Roll, Garden Salad & Dinner Roll

SAT



**BREAKFAST:** Muffins  
**LUNCH:** Marinated Chicken or Steak Fajitas with Flour Tortillas, Spanish Rice, Corn & Bean Salsa & Garden Salad  
**DINNER:** Beef Chili con Carne with Rice or Turkey Cutlet with Pesto Penne, Peas, Carrots & Spinach Salad

SUN



**BREAKFAST:** French Toast  
**LUNCH:** French Bread Pizza or Sliced Roast Beef with Gravy, Roasted Potatoes, Zucchini & Yellow Squash & Romaine Salad  
**DINNER:** BBQ Brisket or Blackened Catfish, Corn on the Cob, Macaroni and Cheese, Coleslaw, Baked Beans & Cornbread