



Good For Your Health Menus



Winter

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|--|---|
| Pancake with Warm Syrup Breakfast Meat Hot Oatmeal Pineapple Juice | Fried Egg Buttered Wheat Toast Raisin Bran Apple Juice | Vegetable Sausage Skillet Buttered Wheat Toast Hot Farina Grape Juice | Baked Cheese Omelet Buttered Wheat Toast Toasted Oats Blended Juice | French Toast Casserole Breakfast Meat Hot Oatmeal Orange Juice | Meat & Cheese Breakfast Sandwich Raisin Bran Pineapple Juice | Scrambled Egg Apple Raisin Bran Muffin Hot Oatmeal Apple Juice |
| 3 Bean Chili Tossed Green Salad with Dressing Cornbread with Green Chilies Citrus Chiffon Delight | Herb Encrusted Beef Roast Mashed Potatoes with Gravy Zesty Spinach Garlic Bread Triple Fruit Crisp | Fish Italiano Creamy Risotto Style Rice Lemony Broccoli Dill Vegetable Pasta Salad Cherry N Cream Square | Roast Turkey Seasoned Sauce Tuscan Roasted Potatoes Green Beans with Red Peppers Wheat Roll Apple Streusel Pie | Beef Goulash Egg Noodles Sage Seasoned Carrots Wheat Roll Ice Cream | Sweet Dijon Chicken Savory Mushroom Rice Dilled Brussels Sprouts Mixed Greens Salad Double Chocolate Brownie Delight | Roast Pork Maine Cranberry Relish Sweet Potatoes Peas with Onions Wheat Roll Pumpkin Dessert Bar |
| Split Pea Soup Turkey Salad Sandwich Potato Chips Pineapple with Cinnamon Ginger Sauce | Chicken Chop Suey Chinese Noodles Oriental Green Salad with Asian Sesame Dressing Tapioca Pudding | Cream of Mushroom Soup Smokey Beef Hamburger on a Bun Lettuce & Tomato Fresh Fruit | Lentil Pumpkin Soup Grilled Ham & Cheese Sandwich Pickle Mandarin Oranges with Whipped Cream | Minestrone Soup Meat & Cheese Pizza Tossed Green Salad with Dressing Fresh Fruit Cup | Fish Platter Night: Breaded Fish Fillet Tartar Sauce French Fries Confetti Coleslaw Cornbread Muffin Fruited Cherry Gelatin | Cheese Ravioli Marinara Sauce Italian Green Salad with Dressing Garlic Bread Peanut Butter Cookie |

Milk and Beverage Offered with Every Meal; RDs for Healthcare Inc.