

# WEEK AT A GLANCE

|   | MONDAY                                    | TUESDAY                                   | WEDNESDAY  | THURSDAY                                     | FRIDAY                                       | SATURDAY   | SUNDAY  |
|---|---|---|--|--|--|--|---|
| <b>BREAKFAST</b>                          | <b>CONTINENTAL</b>                        | <b>CONTINENTAL</b>                        | <b>CONTINENTAL</b>   | <b>CONTINENTAL</b>                           | <b>CONTINENTAL</b>                           | <b>CONTINENTAL</b>                                     | <b>CONTINENTAL</b>  |
|   | <b>BUFFET</b>                             | <b>BUFFET</b>                             | <b>BUFFET</b>  | <b>BUFFET</b>                                | <b>BUFFET</b>                                | <b>BUFFET</b>  | <b>BUFFET</b>   |
|   | Assorted Juices                           | Assorted Juices                           | Assorted Juices  | Assorted Juices                              | Assorted Juices                              | Assorted Juices  | Assorted Juices   |
|   | Hot Cereal                                | Hot Cereal                                | Hot Cereal   | Hot Cereal                                   | Hot Cereal                                   | Hot Cereal   | Hot Cereal  |
|   | Variety of Cold Cereals                   | Variety of Cold Cereals                   | Variety of Cold Cereals  | Variety of Cold Cereals                      | Variety of Cold Cereals                      | Variety of Cold Cereals                                | Variety of Cold Cereals   |
|   | Choice of Toast<br>Tea or Coffee          | Choice of Toast<br>Tea or Coffee          | Choice of Toast<br>Tea or Coffee                               | Choice of Toast<br>Tea or Coffee             | Choice of Toast<br>Tea or Coffee             | Choice of Toast<br>Tea or Coffee                       | Choice of Toast<br>Tea or Coffee                                |
| <b>LUNCH</b>                              | Tossed Salad                              | Tossed Salad                              | Tossed Salad   | Tossed Salad                                 | Tossed Salad                                 | Tossed Salad   | Sunday Brunch   |
|   | Greek Sesame Crusted Chicken<br>or        | Meatloaf and Gravy<br>or                  | Balsamic and Dijon Glazed Ham<br>or                            | Oven Fried Chicken<br>or                     | Battered Cod with Tartar Sauce<br>or         | Beef Stroganoff<br>or                                  | Cream of Wheat<br>Cheese Omelette / Fried Eggs                  |
|   | Pork with Cranberry Coulis                | Chicken and Barley Stew                   | Veal Cutlet  | BBQ Pork                                     | Dry Ribs with Dip                            | Ham and Onion Pie                                      | Pancakes/ Choice of Toast                                       |
|   | Rice Pilaf                                | Mustard Mashed Potatoes                   | Au Gratin Potato   | Macaroni and Cheese                          | French Fried Potatoes                        | German Potatoes  | Bacon & Sausage   |
|   | Spinach and Carrots                       | Beets and Green Beans                     | Mixed Vegetables   | Corn and Baby Carrots                        | Dilled Peas and Creamy Coleslaw              | Broccoli and Yellow Beans                              | Hasbrowns Potatoes  |
|   | Bananas Foster                            | Chocolate Eclairs                         | Fruit Mousse Cake  | Cherry Torte Bars                            | Moist Chocolate Cake                         | Tapioca Pudding  | Tropical Fruit Cocktail   |
|   | A la Carte Menu                           | A la Carte Menu                           | A la Carte Menu  | A la Carte Menu                              | A la Carte Menu                              | A la Carte Menu  | A la Carte Menu   |
|   | Assorted Juices and Milk<br>Tea or Coffee | Assorted Juices and Milk<br>Tea or Coffee | Assorted Juices and Milk<br>Tea or Coffee                      | Assorted Juices and Milk<br>Tea or Coffee    | Assorted Juices and Milk<br>Tea or Coffee    | Assorted Juices and Milk<br>Tea or Coffee              | Assorted Juices and Milk<br>Assorted Juices and Milk            |
|   | <b>DINNER</b>                             | Senate Bean Soup                          | Beef Barley Soup   | Cream of Potato Soup                         | Ham Lentil Soup                              | Vegetable Chowder                                      | Tomato Basil Soup   |
| Fish Fillet Sandwich<br>with Tartar Sauce |   | Pork Stir Fry<br>Fried Rice               | Grilled Cheese and Bacon Sandwich<br>Tomato and Cucumner Salad | Cabbage Rolls<br>Perogies with Sauteed Onion | Hot Beef Sandwich<br>Mashed Potato and Gravy | Cobb Salad<br>with Chicken, Bacon and Egg              | Appy - Shrimp Cocktail with Greens<br>Roast Turkey and Stuffing |
| Tator Tots<br>or                          |   | Egg Roll<br>or                            | Potato Chips<br>or   | Pickled Beets<br>or                          | Chef Choice Vegetable<br>or                  | Fresh Baked Bread<br>or                                | Mashed Potato, Gravy<br>Brussel Sprouts and Carrots             |
| Pastrami on Rye, Tator Tots               |   | Chicken Caesar Wraps, Pasta Salad         | Egg Salad in Croissant, Potato Chips                           | Chicken Salad Sandwich, Spinach Salad        | Ham and Cheese Sandwich, Potato Wedges       | Sausage, olive and Spinach Flatbread, Side Green Salad |   |
| Cantalope                                 |   | Pears                                     | Assorted Dessert   | Pineapple                                    | Chilled Peaches                              | Grapes   | Caramel Custard   |
| A la Carte Menu                           |   | A la Carte Menu                           | A la Carte Menu  | A la Carte Menu                              | A la Carte Menu                              | A la Carte Menu  |   |
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