

HERITAGE CENTER - MD #55014 (HSG)

Week-At-A-Glance

hcsg2northern2022-23 Week 1

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs 1/4 Cup Apple Cinnamon Muffin 1 Ea - Margarine 1 Ea	French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl	Scrambled Eggs 1/4 Cup Ginger Pear Coffee Cake 1 Square - Margarine 1 Ea	Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea	Western Scrambled Eggs 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Country Fried Steak w/Mushroom Gravy 1 Ea Garlic Baked Pork Chop 3 Oz Honey Roasted Carrots 1/2 Cup Seasoned Beets 1/2 Cup Mashed Potatoes 1/2 Cup Buttered Noodles 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Honey Glazed Pears 1/2 Cup	Kielbasa Sausage 1 Ea Thin Crust Cheese Pizza 1 Pc Capri Vegetable Blend 1/2 Cup Tossed Salad w/Dressing 1 Cup Brown Sugar Baked Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Carrot Cake w/Cream Cheese Frosting 1 Square	Baked Macaroni & Cheese 1 Cup Marinated Chicken Thigh 1 Ea Stewed Tomatoes 1/2 Cup Green Beans 1/2 Cup Mashed Potatoes 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup	Apple Glazed Sliced Ham 3 Oz Herbed Chicken Breast 3 Oz Sauteed Spinach 1/2 Cup Country Vegetable Blend 1/2 Cup Candied Sweet Potatoes 1/2 Cup Parsley Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Marble Cake w/White Frosting 1 Square	Rotisserie Chicken 3 Oz Glazed Baked Pork Chop 3 Oz Broccoli Florets 1/2 Cup Braised Cabbage 1/2 Cup Cheesy Mashed Potatoes 1/2 Cup Noodles Jefferson 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Banana Pudding Parfait 1/2 Cup	Shrimp Alfredo w/ 3 Oz - Spaghetti Noodles 1/2 Cup Smothered Steak 3 Oz Roasted Green Beans 1/2 Cup Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Tropical Fruit Salad 1/2 Cup	Grilled Turkey & Swiss Cheese Sandwich on Wheat 1 Sandwich Meatballs w/Gravy 3 Ea Creamy Cucumber & Onion Salad 1/2 Cup Green Peas 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Egg Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Vanilla Ice Cream 1 Ea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Maple Dijon Chicken Breast 2 Oz Smothered Turkey Patty 3 Oz Roasted Brussels Sprouts 1/2 Cup Seasoned Green Beans 1/2 Cup Sage Bread Dressing 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Cinnamon Brown Sugar Blondie 1 Square	Cornflake Crusted Tilapia Fillet 3 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Buttered Green Peas 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Parsley Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup	Chicken Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Hamburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Broccoli Salad 1/2 Cup Confetti Coleslaw 1/2 Cup Potato Chips 1 Oz Buttered Noodles 1/2 Cup Hearty Vegetable Soup 6 Oz - Saltine Crackers 1 Pkt Chocolate Chip Cookie 1 Ea	Lasagna w/Meatsauce 1 Square Lemon Butter Baked Tilapia Fillet 3 Oz Balsamic & Parmesan Roasted Cauliflower 1/2 Cup Green Peas 1/2 Cup Oven Browned Potatoes 1/2 Cup Garlic Bread 1 Ea Scalloped Apples 1/2 Cup	Sweet & Sour Meatballs 3 Ea Mushroom & Cheese Quiche 1 Sl Capri Vegetable Blend 1/2 Cup Brussels Sprouts 1/2 Cup Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Mandarin Oranges 1/2 Cup	Savory Pork Roast. 2 Oz Cheese Quesadilla 1 Ea - Sour Cream 1 Pkt Harvard Beets 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Au Gratin Potatoes 1/2 Cup Parsley Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peanut Butter Brownie 1 Square	Cheese Ravioli w/Marinara Sauce 1 Cup Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Sauteed Spinach w/Garlic 1/2 Cup Broccoli Florets 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Garlic Bread 1 Ea Peach Crisp 1/2 Cup

HERITAGE CENTER - MD #55014 (HSG)

Week-At-A-Glance

hcsq2northern2022-23 Week 2

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Baked Cheese Omelet 1 Ea Toast 1 Sl - Jelly 1 Ea - Margarine 1 Ea	Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl	Scrambled Eggs w/Cheese 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Biscuit 1 Ea - Sausage Gravy 3 Oz Hashbrown 1/2 Cup	Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea	Egg & Cheese Bake 1 Square Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Breakfast Ham 1 Oz
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Rosemary Roast Beef Au Jus 3 Oz Smothered Turkey Patty 3 Oz Sliced Parsley Carrots 1/2 Cup Brussels Sprouts 1/2 Cup Baked Potato 1 Ea - Margarine 1 Ea - Sour Cream 1 Pkt Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Harvest Baked Apples 1/2 Cup	Dijon Pork Loin 3 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Capri Vegetable Blend 1/2 Cup Braised Cabbage 1/2 Cup Rice Pilaf 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Citrus Glazed Angel Food Cake 1 Sl	Chicken Soft Taco w/Flour Tortilla 2 Ea - Shredded Lettuce & Diced Tomato Topping 1/4 Cup - Shredded Cheddar Cheese (tbl) 1 Tbl Rancher's Pork Chop 3 Oz Mexican Corn (veg) 1/2 Cup Sliced Carrots 1/2 Cup Green Chili Rice 1/2 Cup Garlic Potato Wedges 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sliced Pears 1/2 Cup	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Lemon Butter Baked Tilapia Fillet 3 Oz Seasoned Green Peas 1/2 Cup Sautéed Spinach 1/2 Cup Au Gratin Potatoes 1/2 Cup Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pumpkin Cheesecake Bar 1 Bar	Smothered Chicken Thigh 1 Ea Smothered Steak 3 Oz Roasted Brussels Sprouts 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Sweet Potato Souffle 1/2 Cup Buttered Noodles 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Caramel Apple Upside Down Cake 1 Square	Lemon Dill Tilapia Fillet 3 Oz Rosemary Chicken Breast 3 Oz Broccoli Florets 1/2 Cup Green Peas 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup Seasoned Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup	BBQ Pork on a Bun 1 Sandwich Vegetable Quiche 1 Sl Country Vegetable Blend 1/2 Cup Tossed Salad w/Dressing 1 Cup Baked Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Butterscotch Pudding Parfait 1/2 Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders 2 Ea - Honey Mustard 1 Ea BBQ Pork Chop 3 Oz Roasted Green Beans 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Macaroni & Cheese 1/2 Cup Mashed Potatoes 1/2 Cup Herbed Dinner Roll 1 Ea - Margarine 1 Ea Oatmeal Raisin Cookie 1 Ea	Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Rotisserie Chicken Thigh 1 Ea Broccoli Florets 1/2 Cup Green Peas 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup	Classic Baked Ziti 1 Cup Meatballs w/Gravy 3 Ea Parmesan & Herb Roasted Cauliflower 1/2 Cup Tossed Salad w/Dressing 1 Cup Mashed Potatoes 1/2 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Double Chocolate Brownie 1 Square	Italian Sausage Sub w/Pepper & Onion 1 Sandwich Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Capri Vegetable Blend 1/2 Cup Broccoli Florets 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Buttered Rice 1/2 Cup Tropical Fruit Salad 1/2 Cup	Thin Crust Cheese Pizza 1 Pc Parsley Pork Chop 3 Oz Garlic Green Beans 1/2 Cup Roasted Beets 1/2 Cup Parmesan Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peaches 1/2 Cup	Chicken Parmesan w/ 3 Oz - Spaghetti Noodles 1/2 Cup Ham Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Tossed Salad w/Dressing 1 Cup Marinated Mixed Vegetable Salad 1/2 Cup Potato Chips 1 Oz Garlic Bread 1 Ea Chocolate Ice Cream 1 Ea	Salisbury Steak 3 Oz - Brown Gravy 2 Oz Smothered Turkey Patty 3 Oz Creamed Spinach 1/2 Cup Winter Vegetable Blend 1/2 Cup Mashed Potatoes 1/2 Cup Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup

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Week-At-A-Glance

hcsg2northern2022-23 Week 3

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<p>Scrambled Eggs 1/4 Cup Apple Cinnamon Muffin 1 Ea - Margarine 1 Ea</p>	<p>French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl</p>	<p>Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea</p>	<p>Western Scrambled Eggs 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea</p>	<p>Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea</p>	<p>Scrambled Eggs 1/4 Cup English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea</p>	<p>Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea</p>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<p>Hawaiian Baked Ham 3 Oz Lemon Pepper Chicken Breast 3 Oz Brussels Sprouts 1/2 Cup Buttered Whole Kernel Corn (veg) 1/2 Cup Whipped Sweet Potatoes 1/2 Cup Parmesan Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Upside Down Cake 1 Square</p>	<p>Chicken Pot Pie w/ 1 Cup - Biscuit 1 Ea Meatballs w/Gravy 3 Ea Tossed Salad w/Dressing 1 Cup Broccoli Florets 1/2 Cup Mashed Potatoes 1/2 Cup Biscuit 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup</p>	<p>Swedish Meatballs 3 Ea Smothered Turkey Patty 3 Oz Harvard Beets 1/2 Cup Capri Vegetable Blend 1/2 Cup Egg Noodles 1/2 Cup Buttered Rice 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Spiced Peaches 1/2 Cup</p>	<p>Open-Faced Roast Pork Sandwich 1 Sandwich - Brown Gravy 2 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Herbed Green Beans 1/2 Cup Brussels Sprouts 1/2 Cup Mashed Potatoes 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Lemon Cake w/Lemon Icing 1 Square</p>	<p>Crispy Baked Chicken 3 Oz Cheese Quiche 1 Sl Sauteed Spinach 1/2 Cup Sliced Parsley Carrots 1/2 Cup Macaroni & Cheese 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pumpkin Pie 1 Sl</p>	<p>Honey Garlic Shrimp 3/8 Cup Smothered Steak 3 Oz Tossed Salad w/Dressing 1 Cup Winter Vegetable Blend 1/2 Cup Rice Pilaf 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Vanilla Ice Cream 1 Ea</p>	<p>Sloppy Joe on a Bun 1 Sandwich Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Country Vegetable Blend 1/2 Cup Parsley Cauliflower 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Buttered Noodles 1/2 Cup Double Chocolate Brownie 1 Square</p>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<p>Grilled Two Cheese Sandwich 1 Sandwich Hamburger Steak 3 Oz - Brown Gravy 2 Oz Creamy Cucumber & Onion Salad 1/2 Cup Capri Vegetable Blend 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Tomato Soup 6 Oz - Saltine Crackers 1 Pkt Chilled Pears 1/2 Cup</p>	<p>Butter Crumb Tilapia Fillet 3 Oz Glazed Baked Pork Chop 3 Oz Green Peas 1/2 Cup Sliced Carrots 1/2 Cup Baked Potato 1 Ea - Sour Cream 1 Pkt - Margarine 1 Ea Parsley Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Blondie 1 Square</p>	<p>Rancher's Chicken Thigh 1 Ea Thin Crust Cheese Pizza 1 Pc Country Style Tomatoes 1/2 Cup Parsley Cauliflower 1/2 Cup Oven Browned Potatoes 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Peanut Butter Cookie 1 Ea</p>	<p>Baked Ziti w/Meatsauce 1 Cup Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Steamed Broccoli Florets w/Lemon 1/2 Cup Green Pea Salad 1/2 Cup Potato Chips 1 Oz Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Tropical Fruit Salad 1/2 Cup</p>	<p>Philly Cheesesteak Sandwich 1 Sandwich - Sautéed Peppers & Onions. 1/4 Cup Chicken Tenders 2 Ea - Honey Mustard 1 Ea Marinated Mixed Vegetable Salad 1/2 Cup Seasoned Whole Kernel Corn (veg) 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup</p>	<p>Cheese Ravioli w/Marinara Sauce 1 Cup Turkey Burger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Pickle Spear 1 Spear - Mayonnaise 1 Pkt Seasoned Green Beans 1/2 Cup Seasoned Beets 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Garlic Bread 1 Ea Mandarin Oranges 1/2 Cup</p>	<p>Kielbasa Sausage 1 Ea Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Braised Cabbage 1/2 Cup Sliced Carrots 1/2 Cup Brown Sugar Baked Beans 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Maple Apple Crisp 1/2 Cup</p>

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Week-At-A-Glance

hcsq2northern2022-23 Week 4

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Baked Cheese Omelet 1 Ea Toast 1 Sl - Jelly 1 Ea - Margarine 1 Ea	Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl	Scrambled Eggs w/Cheese 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Biscuit 1 Ea - Sausage Gravy 3 Oz Hashbrown 1/2 Cup	Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea	Egg & Cheese Bake 1 Square Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Parmesan w/ 3 Oz - Spaghetti Noodles 1/2 Cup Meatballs w/Gravy 3 Ea Roasted Broccoli Florets 1/2 Cup Seasoned Beets 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup	Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Marinated Chicken Thigh 1 Ea Seasoned Green Beans 1/2 Cup Sauteed Spinach 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Cake w/ Peanut Butter Frosting 1 Square	Encrusted Pork Loin 3 Oz Vegetable Quiche 1 Sl Roasted Brussels Sprouts 1/2 Cup Seasoned Green Peas 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Butterscotch Pudding Parfait 1/2 Cup	Braised Beef Round Roast 3 Oz - Brown Gravy 2 Oz BBQ Chicken Breast 3 Oz Honey Roasted Carrots 1/2 Cup Broccoli Florets 1/2 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Parsley Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Brown Sugar Glazed Angel Food Cake 1 Sl	Thin Crust Cheese Pizza 1 Pc Turkey Burger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Pickle Spear 1 Spear - Mayonnaise 1 Pkt Tossed Salad w/Dressing 1 Cup Roasted Brussels Sprouts 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Garlic Bread 1 Ea Fruit Cocktail 1/2 Cup	Baked Tilapia Florentine 3 Oz Baked Macaroni & Cheese 1 Cup Tomatoes Delmonico 1/2 Cup Capri Vegetable Blend 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Dutch Apple Pie w/Crumb Topping 1 Sl	Chicken Bolognese Sauce w/ 6 Oz - Spaghetti Noodles 1/2 Cup Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Herbed Green Beans 1/2 Cup Spinach 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Ice Cream 1 Ea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Grilled Ham & Cheese Sandwich 1 Sandwich Smothered Turkey Patty 3 Oz Creamy Coleslaw 1/2 Cup Green Peas 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Chip Cookie 1 Ea	Salisbury Steak 3 Oz - Brown Gravy 2 Oz Garlic Baked Pork Chop 3 Oz Sliced Glazed Carrots 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Seasoned Rice 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup	Cheese Lasagna 1 Square Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Parmesan & Herb Roasted Cauliflower 1/2 Cup Creamy Cucumber & Onion Salad 1/2 Cup Oven Browned Potatoes 1/2 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup	Shredded Pork on a Bun 1 Sandwich Cheese Ravioli w/Marinara Sauce 1 Cup Braised Cabbage 1/2 Cup Capri Vegetable Blend 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sliced Pears 1/2 Cup	Chicken Tenders 2 Ea - Honey Mustard 1 Ea Smothered Steak 3 Oz Winter Vegetable Blend 1/2 Cup Whole Kernel Corn (veg) 1/2 Cup Macaroni & Cheese 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Snickerdoodle Cookie 1 Ea	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Sage Herbed Pork Chop 3 Oz Peas & Carrots 1/2 Cup Seasoned Beets 1/2 Cup Mashed Potatoes 1/2 Cup Herbed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peach Crisp 1/2 Cup	Hot Dog on a Bun 1 Sandwich - Baked Beans 1/2 Cup - Mustard 1 Pkt Tuna Melt Sandwich 1 Sandwich Confetti Coleslaw 1/2 Cup Parsley Cauliflower 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Tropical Fruit Salad 1/2 Cup