

Week 3



Sunday, January 28th

Lunch

Herbed Baked Chicken
Scalloped Potatoes
Seasoned Broccoli Florets
Pumpkin Pie

Dinner

Turkey Rice Soup
Shaved Ham and Cheese
on Rye
Sliced Tomato Salad

Alternate Lunch

Salisbury Steak

Alternate Dinner

Egg Salad Sandwich

Monday, January 30th

Lunch

Baked Meatloaf with
Tomato Bisque Sauce
Mashed Potato
Seasoned Baby Carrots
Sugar Cookies

Dinner

Corn Chowder
Tuna Salad Roll
Marinated Cucumber / Onion salad
Chilled Mandarin Oranges

Alternate Lunch

Fish Fillet

Alternate Dinner

Hamburger on a Bun

Tuesday, January 31st

Lunch

Roast Pork Loin
Mashed Fresh Sweet Potatoes
Seasoned Garden Blend
Vegetables
Lemon Pudding w/ topping

Dinner

Tomato Soup
Grilled Cheese Sandwich
Creamy Coleslaw
Cranberry Crunch Bar

Alternate Lunch

Baked Chicken

Alternate Dinner

Sliced Turkey Sandwich

Wednesday, February 1st

Lunch

Spinach and Ricotta Stuffed
Chicken Breast
Rice Pilaf
Seasoned Peas
Chilled Fruit Cocktail

Dinner

Spaghetti with Meat Sauce
Tossed Salad
French Bread
Sherbet Cup

Alternate Lunch

Baked Fish Filet

Alternate Dinner

Baked Meatloaf

Thursday, February 2nd

Lunch

Hearty Beef Stew
Flaky Biscuit
Seasoned Oregon Mixed Vegetables
Chilled Pears

Dinner

Baked Macaroni and Cheese
Seasoned Mixed Vegetables
Sliced Bananas in Gelatin
w/ Topping

Alternate Lunch

Pot Roast

Alternate Dinner

Salisbury Steak

Friday, February 3rd

Lunch

Baked Fish Filet with
Ritz Crumb Topping
Baked Potato / Sour Cream
Seasoned Green Beans
Chilled Pineapple Tidbits

Dinner

Split Pea Soup
Egg Salad Sandwich
Potato Chips
Frosted Chocolate Cake

Alternate Lunch

Roast Turkey

Alternate Dinner

Sliced Ham Sandwich

Saturday, February 4th

Lunch

Steamed Hot Dogs
Baked Beans
Creamy Coleslaw
Apple Crisp / Topping

Dinner

Rosemary Baked Chicken
Buttered Rice
Seasoned Peas and Carrots
Chilled Sliced Peaches

Alternate Lunch

Pork Patty

Alternate Dinner

Hamburger Patty