

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# DECEMBER

**BREAKFAST:** CHEESY SCRAMBLED EGGS, TOAST & CEREAL  
**LUNCH:** REUBEN SANDWICH, FRIED POTATOES & SAUERKRAUT  
**DINNER:** BEEF NOODLE CASSEROLE, CALIFORNIA BLEND VEGETABLES & BISCUIT

**BREAKFAST:** SCRAMBLED EGGS, TOAST & CEREAL  
**LUNCH:** COUNTRY FRIED CHICKEN, NOODLES AU GRATIN, BROCCOLI & CAULIFLOWER & ROLL  
**DINNER:** TACO CASSEROLE, SPANISH RICE & SIDE SALAD

**BREAKFAST:** CHICKEN & WAFFLES & CEREAL  
**LUNCH:** BAKED RIGATONI WITH MEAT SAUCE, GREEN BEANS & GARLIC BREAD  
**DINNER:** PULLED PORK SANDWICH & COLESLAW

**BREAKFAST:** CHEESE OMELET, TOAST & CEREAL  
**LUNCH:** MEATLOAF, MASHED POTATOES & GRAVY, MIXED VEGETABLES & ROLL  
**DINNER:** CHICKEN CORDON BLEU SANDWICH, & HASH BROWN POTATOES

**BREAKFAST:** FRENCH TOAST, SAUSAGE & CEREAL  
**LUNCH:** FRANKS & BEANS, CARROTS & BREAD  
**DINNER:** SWEDISH MEATBALLS, PARSLIED WHITE RICE, COLLARD GREENS & ROLL

Hanukkah Begins

**BREAKFAST:** SAUSAGE GRAVY & BISCUIT & CEREAL  
**LUNCH:** FISH STICKS, MACARONI & CHEESE & NORM& Y BLEND VEGETABLES  
**DINNER:** TURKEY POT PIE & GRILLED ZUCCHINI SQUASH

**BREAKFAST:** SCRAMBLED EGGS, HAM, TOAST & CEREAL  
**LUNCH:** CHICKEN ALA KING, EGG NOODLES, SOUTHERN STYLE MIXED GREENS & ROLL  
**DINNER:** PHILLY CHEESESTEAK, FRIES & GREEN BEANS

**BREAKFAST:** CHEESY SCRAMBLED EGGS, TOAST & CEREAL  
**LUNCH:** STUFFED PEPPER CASSEROLE & MASHED POTATOES  
**DINNER:** BARLEY SOUP, EGG SALAD SANDWICH & SLICED BEETS

**BREAKFAST:** SCRAMBLED EGGS, BLUEBERRY MUFFIN & CEREAL  
**LUNCH:** CHICKEN & DUMPLINGS, GREEN BEANS & CORNBREAD  
**DINNER:** OPEN FACED TUNA MELT, WHIPPED SWEET POTATO & BROCCOLI SALAD

**BREAKFAST:** SCRAMBLED EGGS, SAUSAGE GRAVY & BISCUIT & CEREAL  
**LUNCH:** HAWAIIAN HAM, ROASTED RED POTATOES, CARROT & ROLL  
**DINNER:** BEEF VEGETABLE SOUP, VEAL PARMESAN SANDWICH & SIDE SALAD

**BREAKFAST:** FRENCH TOAST, SAUSAGE & CEREAL  
**LUNCH:** BEEF POT ROAST WITH VEGETABLES, CHIVE MASHED POTATOES & ROLL  
**DINNER:** CHICKEN NUGGETS, SWEET POTATO FRIES, PEAS & CORN MUFFIN

**BREAKFAST:** SCRAMBLED EGGS, CINNAMON ROLL & CEREAL  
**LUNCH:** BBQ PORK, BAKED BEANS, CALIFORNIA BLEND VEGETABLES & ROLL  
**DINNER:** DELUXE CHEESEBURGER & FRIES

**BREAKFAST:** WAFFLES WITH FRUIT, SAUSAGE & CEREAL  
**LUNCH:** BREADED FISH FILLETS, RED BEANS AD RICE & NORMANDY BLEND VEGETABLES  
**DINNER:** BAKED ZITI, BROCCOLI FLORETS & GARLIC BREAD

**BREAKFAST:** SCRAMBLED EGGS, BACON, TOAST & CEREAL  
**LUNCH:** BAKED CHICKEN, BUTTERED NOODLES, SPINACH & ROLL  
**DINNER:** TACO CASSEROLE, SALSA & REFRIED BEANS

**BREAKFAST:** HAM, EGG & CHEESE SCRAMBLE ON A CROISSANT, BANANA & CEREAL  
**LUNCH:** ITALIAN SAUSAGE PASTA, ITALIAN BLEND VEGETABLES & GARLIC BREADSTICK  
**DINNER:** OPEN FACE TURKEY SANDWICH, MASHED POTATOES & CORN

**BREAKFAST:** SCRAMBLED EGGS, COFFEE CAKE & CEREAL  
**LUNCH:** BREADED PORK CHOP, CHEESY HASHBROWN POTATOES, BRUSSELS SPROUTS & ROLL  
**DINNER:** CREAM OF POTATO SOUP, DELI SANDWICH & COLESLAW

**BREAKFAST:** SCRAMBLED EGGS, SAUSAGE GRAVY & BISCUIT & CEREAL  
**LUNCH:** LASAGNA, GREEN BEANS & GARLIC BREADSTICK  
**DINNER:** CHILI CON CARNE & SIDE SALAD

**BREAKFAST:** CHEESE OMELET, TOAST & CEREAL  
**LUNCH:** ROAST BEEF AU JUS, CHIVE MASHED POTATOES, PEAS & CARROTS & BREAD STICK  
**DINNER:** BBQ PORK SANDWICH, BAKED BEANS & POTATO SALAD

**BREAKFAST:** FRENCH TOAST, SAUSAGE & CEREAL  
**LUNCH:** FRIED CHICKEN, MASHED POTATOES & GRAVY, SPINICH & CORNBREAD  
**DINNER:** BEEF NOODLE CASSEROLE, NORM& BLEND VEGETABLES & ROLL

Winter Begins

**BREAKFAST:** BREAKFAST QUICHE, TOAST & CEREAL  
**LUNCH:** FISH & CHIPS, COLESLAW & BREAD  
**DINNER:** POLISH SAUSAGE, DICED POTATOES, STEWED TOMATOES & ROLL

**BREAKFAST:** SCRAMBLED EGGS, BACON, TOAST & CEREAL  
**LUNCH:** SHEPHERD'S PIE, MIXED VEGETABLE & ROLL  
**DINNER:** CHICKEN FAJITA CASSEROLE, SPANISH RICE, CHOPPED VEGETABLES, TORTILLA

**BREAKFAST:** CHEESY SCRAMBLED EGGS, TOAST & CEREAL  
**LUNCH:** ROASTED TURKEY WITH GRAVY, GREEN BEANS, CORNBREAD STUFFING & ROLL  
**DINNER:** CHEFS CHOICE

**BREAKFAST:** SCRAMBLED EGGS, BLUEBERRY MUFFIN & TOAST  
**LUNCH:** CHRISTMAS DINNER  
**DINNER:** PORK LOIN, BUTTERED NOODLES, CALIFORNIA BLEND VEGETABLES & ROLL

Christmas

**BREAKFAST:** SAUSAGE GRAVY & BISCUIT & CEREAL  
**LUNCH:** BBQ CHICKEN BREAST, MACARONI & CHEESE, COLLARD GREENS & CORNBREAD  
**DINNER:** VEGETABLE SOUP, BAKED ZITI & GREEN BEANS

Boxing Day (Canada)  
Kwanzaa Begins

**BREAKFAST:** FRENCH TOAST, SAUSAGE & CEREAL  
**LUNCH:** PIZZA, & SALAD  
**DINNER:** CHICKEN SANDWICH, ROASTED BROCCOLI & FRENCH FIRES

**BREAKFAST:** SCRAMBLED EGGS, CINNAMON ROLL & CEREAL  
**LUNCH:** GLAZED PORK LOIN, BAKED SWEET POTATO & ROASTED BRUSSEL SPROUTS  
**DINNER:** VEGETABLE SOUP, BLT SANDWICH & THREE BEAN SALAD

**BREAKFAST:** PANCAKES, BACON & CEREAL  
**LUNCH:** BATTERED FISH, FRENCH FRIES & COLESLAW  
**DINNER:** COUNTRY FRIED STEAK WITH GRAVY, CHEESY MASHED POTATOES, NORM& Y BLEND VEGETABLES & BISCUIT

**BREAKFAST:** SCRAMBLED EGGS, SAUSAGE, TOAST & CEREAL  
**LUNCH:** FRIED KIELBASA & CABBAGE, MASHED POTATOES & BREAD  
**DINNER:** TOMATO SOUP, GRILLED CHEESE & ONION RINGS

**BREAKFAST:** CHEESY SCRAMBLED EGGS, TOAST & CEREAL  
**LUNCH:** REUBEN SANDWICH, FRIED POTATOES & SAUERKRAUT  
**DINNER:** BEEF NOODLE CASSEROLE, CALIFORNIA BLEND VEGETABLES & BISCUIT

New Year's Eve



**MAKE SURE ALL SUBSTITUTES ARE IN 1 ½ HOURS BEFORE THE MEAL SERVICE BEGINS.**