



Traditional Living

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Choice of Cereal or Hot Cereal Sausage Biscuit	Choice of Cereal or Hot Cereal Gravy Biscuit Sausage	Choice of Cereal or Hot Cereal Egg Bacon Cinnamon Toast	Choice of Cereal or Hot Cereal Pancakes Sausage	Choice of Cereal or Hot Cereal Gravy Biscuit Sausage	Choice of Cereal or Hot Cereal Egg Bacon	Choice of Cereal or Hot Cereal Egg Sausage
Lunch	Roast Pork Mashed Potatoes / gravy Green Beans or Pizza Slice Tossed salad	Herb-Lemon Chicken Baked Potato Broccoli or Stew Beef Mashed Potatoes Carrots	Crowder Peas/Collard Greens Fried Potatoes/Onions Cornbread or Pork Sandwich Potatoe Wedges Coleslaw	Spagetti w/ Meat Sauce Garden Salad Garlic Bread or Tuna Salad Plate Tomatoes/Lettuce Chicken Noodle Soup	BBQ Chicken Potato Salad Cream Peas or Meatloaf Mashed Potatoes Green Beans	Chipped Beef and Gravy Mashed Potatoes Sliced Tomatoes or Sauer Kraut/Weiners Fried Potatoes Cornbread	Blackeyed Peas Cooked Cabbage Mac & Cheese Cornbread or Tomoto Soup Chicken Salad Sandwich Veggie Sticks
Dinner	Hamburger Steak w A-1 Broccoli Rice Oriental Vegetables or Chicken Dumplings Parsley Potatoes Broccoli & Cheese	Tuna Salad Plate Lettuce and Tomato Chicken Noodle Soup or Chicken Tenders Mac & Cheese Stewed Tomatoes	Meatloaf Mashed Potatoes with gravy Green Beans or Pepper Steak Mashed Potatoes Green Beans	Wieners Fried New Potatoes Sauer Kraut Cornbread or Herb Lemon Chicken Baked Potato Broccoli	Cream of Tomato Soup Crackers Chicken Salad Sandwich Steamed Veggie Sticks or Crowder Peas/Collard Greens Fried Potatoes & Onions	Fried Fish Fillet with Tartar Sauce French Fries Creamy Coleslaw or Spagetti w/Meat Sauce Garden Salad	Chef Salad with Turkey Assorted Salad Dressing Macaroni Salad or BBQ Chicken Potato Salad Cream Green Beans
Snack	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers