



## Traditional Living

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Choice of Cereal or Hot Cereal Egg/Bacon	Choice of Cereal or Hot Cereal Egg Cinnamon Toast Bacon	Choice of Cereal or Hot Cereal Gravy Biscuit Sausage	Choice of Cereal or Hot Cereal Egg and Biscuit Bacon	Choice of Cereal or Hot Cereal Egg Toast Sausage	Choice of Cereal or Hot Cereal Egg Toast Sausage	Choice of Cereal or Hot Cereal Gravy Biscuit Bacon
Lunch	Roast Beef Dutchess Potatoes Cream Corn or Crab Cake Baked Potato Carrots	Herbed Turkey Dressing Seasoned Carrots or Fried Fish Fillet French Fries Coleslaw	Pork Roast Buttered New Potatoes Green Beans or Chef Salad with Turkey Macaroni Salad	Pintos Fried Potatoes Turnip Greens Corn Bread or Hamburger with Lettuce/Tomato/Onion French Fries	Pepper Steak with gravy Rice Broccoli & Cheese or Flounder Coleslaw Baked Potato	Crispy Baked Chicken Potato Salad Creamed Peas or Minestrone Soup Chicken Salad Sandwich Tomato	Country Fried Steak with Gravy Mashed Potatoes Harvard Beets or Breakfast Casserole Hashbrowns Stewed Tomatoes
Dinner	Hamburger Lettuce/Tomato/Onion French Fries or Chicken Tenders Coleslaw Baked Beans	B-L-T Cottage Cheese Vegetable Beef Soup or Peppered Steak with Gravy Rice Beets	Flounder Coleslaw Baked Potato Corn Bread or Blackeyed Peas Cooked Cabbage Macaroni and Cheese	Minestrone Soup Crackers Chicken Salad Sandwich Sliced Tomatoes or Roast Beef Dutchess Potatoes Cream Corn	Breakfast Casserole Hashbrowns Stewed Tomatoes or Turkey Dressing Carrots	Salmon Patty Mashed Potatoes Cooked Cabbage Corn Bread or Pintos Fried Potatoes Turnip Greens	Deep Dish Cheese Pizza Marinated Garden Salad Breadstick or Salisbury Steak Baked Potato Broccoli & Cheese
Snack	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers