



Traditional Living

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Choice of Cereal or Hot Cereal Egg and Biscuit Bacon	Choice of Cereal or Hot Cereal Gravy Biscuit Bacon	Choice of Cereal or Hot Cereal Eggs Pancakes Sausage	Choice of Cereal or Hot Cereal Sausage Biscuit Gravy	Choice of Cereal or Hot Cereal Egg Toast Bacon	Choice of Cereal or Hot Cereal Egg Cinnamon Toast Sausage	Choice of Cereal or Hot Cereal Gravy Biscuit Bacon
Lunch	Crowder Peas Cooked Cabbage Buttered Whole Potatoes Corn Bread or Baked Chicken Potato Salad Creamed Peas	Meatsauce over Spagetti Tossed Salad Garlic Bread or Country Fried Steak Mashed Potatoes Beets	Glazed Ham Potato Salad Cream Peas or Chicken Tenders Coleslaw Potato Wedges	Turkey Tetrazinni Italian Vegetable Blend Garlic Bread or Fried Chicken Mashed Potatoes Green Beans	Crab Cake Baked Potato Seasoned Carrots or Hamburger Steak Baked Sweet Potato Zucchini	Stew Beef Parsley Potatoes Creamed Corn or Corn Chowder Egg Salad Sandwich Tomato/Lettuce	Salisbury Steak Roasted Red Potatoes Seasoned Brussels Sprouts or BBQ Chicken Rice Oriental Vegetables
Dinner	Chicken Tenders Coleslaw Potato Wedges or Salmon Patty Mashed Potatoes Cooked Cabbage	Fried Chicken Mashed Potatoes with Gravy Green Beans Deep Dish Cheese Pizza Garden Salad Bread Sticks	Hamburger Steak Baked Sweet Potato Zucchini Squash or Crowder Peas Cooked Cabbage Buttered Whole Potatoes	Corn Chowder Egg Salad Sandwich Lettuce/Tomato or Meat Sauce and Spagetti Noodles Tossed Salad Garlic Bread	BBQ Chicken Rice Oriental Blend Vegetables or Sliced Ham Potato Salad Cream Green Peas	Pintos Macaroni and Cheese Seasoned Greens Corn Bread or Turkey Tetrazinni Italian Vegetable Blend Garlic Bread	Hot Dog Baked Beans Coleslaw or Crab Cake Baked Potato Seasoned Carrots
Snack	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies