

# ~ PELICAN POINTE ~

## MENU FOR THE WEEK OF SAMPLE MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Juice of Choice Cereal of Choice Egg of Choice Sausage Links Toast	Juice of Choice Cereal of Choice Egg of Choice Bacon Toast	Juice of Choice Cereal of Choice Egg of Choice Sausage Patty Toast	Juice of Choice Cereal of Choice Egg of Choice Bacon Pancake	Juice of Choice Cereal of Choice Egg of Choice Corn Beef Hash Toast	Juice of Choice Cereal of Choice Eggs of Choice Ham Toast	Juice of Choice Cereal of Choice Egg of Choice Sausage Links Toast
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Fried Chicken Stuffing Mixed Vegetables Pie Cake ~ or ~ Turkey Stuffing Mixed Vegetables	Baked Ziti & Meat Sauce Tossed Salad Garlic Bread Fruit ~ or ~ Pulled Pork Sandwich Green Beans	Rosemary Chicken Buttered Noodles Seasoned Broccoli Dinner Roll ~ or ~ Stuffed Baked Potato Bar	Breaded Pork Steak with Gravy Sausage Stuffing Pars laid Carrots ~ or ~ Crab Cakes French Fries Cole Slaw	Roast Turkey & Gravy Mashed Potatoes Green Beans Bread Cobbler ~ or ~ Salad Bar	Herb & Lemon Fish Wild Rice Blend Spinach Toscana Dinner Roll Chocolate Cake ~ or ~ Cheeseburger Oven Baked Garlic Fries	Pork Roast & Gravy Mashed Potato Carrots Dinner Roll Pudding ~ or ~ Salad Bar
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Fish in Lemon Butter Rice Pilaf Spinach Bread ~ or ~ Ham and Beans Corn Bread	Citrus Grilled Ham Mashed Potatoes Vegetables ~ or ~ Baked Fish Rice 3 Bean Salad	Minestrone Soup Tuna Salad Sandwich Fresh Cantaloupe ~ or ~ Cheese Enchilada Spinach & Mushrooms	Stuffed Pepper Casserole Corn Breadstick Frosted Cake ~ or ~ Chicken & Dumplings Tossed Salad	Fruit & Cottage Cheese Marinated Carrot Salad Muffin ~ or ~ Veal Marcela Rice Capri Mixed Vegetables	Polish Sausage Roasted New Potatoes Sauerkraut ~ or ~ Chicken Breast Supreme Pars lied Noodle Zucchini	Garden Vegetable Soup Chicken Caesar Sandwich ~ or ~ Tuna Sandwich Chips Salad