

CYCLE MENU #1

BREAKFAST	LUNCH	DINNER
MONDAY – 7 FEB 2011		
Hot Oatmeal	Minestrone Soup	Tortellini Soup
Cereal, RTE, Assorted, Sweet	Steak Strips smothered w/ onions	Pizza Casserole
Griddle Fried Eggs	Sweet and Sour Pork Chops	Lemon Pepper Fish
(Hard) Cooked Eggs	Steamed Broccoli	Steamed Peas
Scrambled Eggs	Fried Cabbage	Steamed Carrot Slices
Omelet Bar	Rice Pilaf, Using Mix	Parsley Buttered Potatoes
French Toast	Potatoes Au Gratin	Tossed Green Rice
Oven Fried Bacon	Easy Chocolate Cake	Easy Chocolate Cake
Grilled Minute Steak	Brownies	Macadamia Nut Cookies
Pork Fried Rice	Ambrosia Pie	Ambrosia Pie
Cinnamon Rolls	Fruit Cocktail Gelatin	Fruit Cocktail Gelatin
Muffins, Variety	Salad Bar	Salad Bar
Yogurt, Assorted, Low fat	Egg Salad	Egg Salad
Fruit Bar	Cole Slaw w/ vinegar dressing	Cole Slaw w/ vinegar dressing
	Fruit Bar	Fruit Bar
	Bread Bar	Bread Bar
	Dinner Rolls	Dinner Rolls
TUESDAY – 8 FEB 2011		
Hot Farina	Chicken Noodle Soup	Turkey Vegetable Soup
Cereal, RTE, Assorted, Sweet	Shrimp Yakisoba	Roast Turkey
Griddle Fried Eggs	Southern Fried Chicken	Scalloped Ham & Noodles
(Hard) Cooked Eggs	Asparagus	Club Spinach
Scrambled Eggs	Steamed Corn, Whole Kernel	Cauliflower Combo
Omelet Bar	Garlic Fried Rice	Candied Sweet Potatoes
Blueberry Pancakes	Mashed Potatoes	Oven Brownded Potatoes
Grilled Ham Steak	Chicken Gravy	Turkey Gravy
Corned Beef Hash	Devil's Food Cake	Devil's Food Cake
Tater Tots	Chocolate Chip Cookies	Chocolate Chip Cookies
Danish Pastry, Variety	Apple Pie	Apple Pie
Pecan Rolls	Strawberry Gelatin	Vanilla Pudding
Yogurt, Assorted, Low fat	Salad Bar	Salad Bar
Fruit Bar	Seafood Salad	Seafood Salad
Bread Bar	Frijoles salad	Frijoles Salad
	Bread Bar	Bread Bar
	Fruit Bar	Fruit Bar
	Dinner Rolls	Dinner Rolls

CYCLE MENU #1

BREAKFAST	LUNCH	DINNER
WEDNESDAY – 9 FEB 2011		
Hominy Grits	Beef Barley Soup	Egg Drop Soup
Cereal, RTE, Assorted, Sweet	Cajun Baked Catfish	Szechwan Chicken
Griddle Fried Eggs	Hungarian Goulash	Beef and Broccoli
(Hard) Cooked Eggs	Steamed Collard Greens	Green Beans Creole
Scrambled Eggs	Stewed Tomatoes with croutons	Louisiana Style smothered squash
Omelet Bar	Seasoned Egg Noodles	Parsley Buttered Potatoes
Waffles	Tossed Green Rice	Shrimp Fried Rice
Grilled Sausage Patties	White Cake	White Cake
Creamed Chipped Beef	Fudgy Brownies	Fudgy Brownies
Tater Tots	Apple Cherry Cobbler Streusel	Apple Cherry Cobbler Streusel
Muffins, Variety	Peach Gelatin	Peach Gelatin
Quick Coffee Cake	Salad Bar	Salad Bar
Yogurt, Assorted, Low fat	Egg Salad	Egg Salad
Fruit Bar	Vegetable Slaw w/ creamy dressing	Vegetable Slaw w/ creamy dressing
Bread Bar	Bread Bar	Bread Bar
	Fruit Bar	Fruit Bar
	Dinner Rolls	Dinner Rolls
THURSDAY – 10 FEB 2011		
Hot Farina	Vegetable Beef Soup	Cream of Mushroom Soup
Cereal, RTE, Assorted, Sweet	Grilled Polish Sausage	Roast Beef
Griddle Fried Eggs	Lasagna	Savory Baked Chicken
(Hard) Cooked Eggs	Lyonnaise Wax Beans	Steamed Peas
Scrambled Eggs	Steamed Mixed Vegetables	Carrot and Celery Amandine
Omelet Bar	Rice Pilaf	Seasoned Egg Noodles
French Toast	Potato Steak Fries	Mashed Potatoes
Grilled or Oven Canadian Bacon	Cheese Cake w/sour cream topping	Brown Gravy
Grilled Turkey Sausage Links	Chocolate Drop Cookies	Cheese Cake w/sour cream topping
Cottage Fried Potatoes	Cherry Crisp	Chocolate Drop Cookies
Danish, Pastry, Variety, Frozen	Gelatin Red	Cherry Crisp
Blueberry Muffins	Salad Bar	Chocolate Pudding
Yogurt, Assorted, Low fat	Crab Salad	Salad Bar
Fruit Bar	Deviled Potato Salad	Crab Salad
Bread Bar	Bread Bar	Deviled Potato Salad
	Fruit Bar	Bread Bar
	Dinner Rolls	Fruit Bar
		Dinner Rolls

CYCLE MENU #1

BREAKFAST	LUNCH	DINNER
FRIDAY – 11 FEB 2011		
Hot Oatmeal	New England Fish Chowder	Shrimp Gumbo
Cereal, RTE, Assorted, Sweet	Ramen Bar	Caribbean Catfish
Griddle Fried Eggs	Mongolian	Rosemary Turkey Roast
(Hard) Cooked Eggs	Baked Meatloaf	Green Beans Creole
Scrambled Eggs	Steamed Asparagus	Cream Style Corn
Omelet Bar	Cauliflower with cheese sauce	Southwestern Rice
Pancakes	Brown Gravy	Mashed Potatoes
Oven Fried Bacon	Parsley Buttered Potatoes	Turkey Gravy
Breakfast Burrito	Strawberry Shortcake	Strawberry Shortcake
Cheesy Diced Potatoes	Congo Bars	Congo Bars
Muffins, Variety	Apple Crisp	Apple Crisp
Quick Coffee Cake	Baked Rice Pudding	Baked Rice Pudding
Yogurt, Assorted, Low fat	Salad Bar	Salad Bar
Fruit Bar	Roast Beef Salad	Roast Beef Salad
Bread Bar	Broccoli Salad	Broccoli Salad
	Fruit Bar	Bread Bar
	Bread Bar	Fruit Bar
	Dinner Rolls	Dinner Rolls
SATURDAY – 12 FEB 2011		
Hot Farina	French Onion Soup	Chicken with rice soup
Cereal, RTE, Assorted, Sweet	Spaghetti and Meat Sauce	Chicken Bayou
Griddle Fried Eggs	Grilled Polish Sausage	Swedish Meatballs
(Hard) Cooked Eggs	Steamed Wax Beans	Mustard Greens
Scrambled Eggs	Mixed Vegetables	Peas and Carrots
Omelet Bar	Tossed Green Rice	Boiled Egg Noodles
Waffles	Easy Chocolate Cake	Steamed Rice
Grilled Sausage Links	Congo Bars	Easy Chocolate Cake
Grilled Minute Steak	Pecan Pie	Oatmeal Cookies
Pork Fried Rice	Fruit Gelatin, Variety	Pecan Pie
Danish, Pastry, Variety	Salad Bar	Fruit Gelatin, Variety
Bear Claws	Egg Salad	Salad Bar
Yogurt, Assorted, Low fat	Fruit Bar	Egg Salad
Fruit Bar	Bread Bar	Fruit Bar
Bread Bar	Dinner Rolls	Bread Bar
		Dinner Rolls

CYCLE MENU #1

BREAKFAST	LUNCH	DINNER
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SUNDAY – 13 FEB 2011

Hominy Grits	Chicken Noodle Soup	New England Fish Chowder
Cereal, RTE, Assorted, Sweet	Dijon Baked Pork Chops	Baked Fish Salmon
Griddle Fried Eggs	Creole Chicken	Grilled Steak
(Hard) Cooked Eggs	Green Beans Creole	Steamed Asparagus
Scrambled Eggs	Corn on the cob	Eggplant Parmesan
Omelet Bar	Rice Pilaf, Using mix	Baked Potatoes
French Toast	Mashed Potatoes	Shrimp Fried Rice
Grilled Ham Steak	Brownies	Brownies
Corned Beef Hash	Chocolate and Vanilla Cream Pie	Chocolate and Vanilla Cream Pie
Home Fried Potatoes	Fruit Cocktail Gelatin	Fruit Cocktail Gelatin
Muffins, Variety	Salad Bar	Salad Bar
Oatmeal Raisin Muffins	Wild Rice and Turkey salad	Wild Rice and Turkey salad
Yogurt, Assorted, Low fat	Carrot and Pineapple salad	Carrot and Pineapple salad
Fruit Bar	Yogurt, Assorted, Low fat	Yogurt, Assorted, Low fat
Bread Bar	Fruit Bar	Fruit Bar
	Dinner Rolls	Dinner Rolls
	Bread Bar	Bread Bar

CYCLE MENU #2

BREAKFAST	LUNCH	DINNER
MONDAY – 14 FEB 2011		
Hot Farina	Tomato Soup	Turkey and Rice soup
Cereal, RTE, Assorted, Sweet	French Fried Shrimp	Turkey Pot Pie
Griddle Fried Eggs	Beef Stew	Barbecued Spareribs
(Hard) Cooked Eggs	Brussels Sprouts	Broccoli Parmesan
Scrambled Eggs	Calico Cabbage	Carrot Slices
Omelet Bar	Seasoned Egg Noodles	Cajun Oven Fries
Blueberry Pancakes	Devil's Food Cake	Rice Pilaf
Grilled Sausage Patties	Chocolate Chip Cookies	Devil's Food Cake
Creamed Chipped Beef	Pumpkin Pie	Chocolate Chip Cookies
Tater Tots	Coconut Bread Pudding	Pumpkin Pie
Danish, Pastry, Variety	Salad Bar	Coconut Bread Pudding
Quick Coffee Cake	Seafood Salad	Salad Bar
Yogurt, Assorted, Low fat	Fruit Bar	Seafood Salad
Fruit Bar	Dinner Rolls	Fruit Bar
Bread Bar	Bread Bar	Dinner Rolls
		Bread Bar
TUESDAY – 15 FEB 2011		
Hot Oatmeal	Hot and Sour soup	Midwestern Tomato Rice Soup
Cereal, RTE, Assorted, Sweet	Chicken Karagi	Beef Sukiyaki
Griddle Fried Eggs	Beef Curry	Baked Halibut
(Hard) Cooked Eggs	Steamed Wax beans	Steamed Broccoli
Scrambled Eggs	Corn on the cob	Japanese Vegetable Stir Fry
Omelet Bar	Roasted Pepper Potatoes	Boiled Spaghetti Noodles
Waffles	Steamed Rice	Pork Fried Rice
Grilled or oven Canadian bacon	Easy Chocolate Cake	Easy Chocolate Cake
Grilled Turkey Sausage Links	Oatmeal Cookies	Oatmeal Cookies
Cottage Fried Potatoes	Ambrosia Pie	Fruit Gelatin
Muffins, Variety, Frozen	Fruit Gelatin	Salad Bar
Cinnamon Rolls	Salad Bar	Seafood Salad
Yogurt, Assorted, Low fat	Seafood Salad	Yogurt, Assorted, Low fat
Fruit Bar	Yogurt, Assorted, Low fat	Dinner Rolls
Bread Bar	Dinner Rolls	Fruit Bar
	Fruit Bar	Bread Bar
	Bread Bar	

CYCLE MENU #2

BREAKFAST	LUNCH	DINNER
WEDNESDAY – 16 FEB 2011		
Hot Farina	Creamy Shrimp Bisque	Beef Noodle Soup
Cereal, RTE, Assorted, Sweet	Roast Turkey	Beef Cordon Bleu
Griddle Fried Eggs	Southern Shrimp Linguine	Seafood Stew
(Hard) Cooked Eggs	Steamed Asparagus	Steamed Broccoli
Scrambled Eggs	Savory Summer Squash	Glazed Carrots
Omelet Bar	Mashed Potatoes	Seasoned Egg Noodles
French Toast	Turkey Gravy	Tossed Green Rice
Oven Fried Bacon	Steamed Rice	Cheese Cake with Strawberries
Breakfast Burrito	Cheese Cake with Strawberries	Chocolate Chip Cookies
Cheesy Diced Potatoes	Chocolate Chip Cookies	Cherry Crumble Pie
Danish, Pastry, Variety	Cherry Crumble Pie	Strawberry Gelatin
Yogurt, Assorted, Low fat	Strawberry Gelatin	Salad Bar
Fruit Bar	Salad Bar	Ham Salad
Bread Bar	Ham Salad	Carrot and Pineapple Salad
	Carrot and Pineapple salad	Fruit Bar
	Fruit Bar	Bread Bar
	Bread Bar	Dinner Rolls
	Dinner Rolls	
THURSDAY – 17 FEB 2011		
Hominy Grits	Arroz Con Caldo	Turkey and Rice Soup
Cereal, RTE, Assorted, Sweet	Tempura Fish	Hunter Style Turkey Stew
Griddle Fried Eggs	Chicken Afritada	Roast Beef
(Hard) Cooked Eggs	Southern style greens	Zucchini with Basil
Scrambled Eggs	Black-Eyed Peas	Corn Combo
Omelet Bar	Steamed Rice	Mashed Potatoes
Pancakes	Potatoes Au Gratin	Brown Gravy
Grilled Sausage Links	Carrot Cake	Seasoned Egg Noodles
Grilled Minute Steak	Congo Bars	Carrot Cake
Pork Fried Rice	Blueberry Cheesecake Pie	Congo Bar
Muffins, Variety	Gelatin Rainbow	Blueberry Cheesecake Pie
Cinnamon Twists	Salad Bar	Gelatin Rainbow
Yogurt, Assorted, Low fat	Egg Salad	Salad Bar
Fruit Bar	Cole Slaw w/vinegar dressing	Egg Salad
Bread Bar	Yogurt, Assorted, Low fat	Cole Slaw w/vinegar dressing
	Fruit Bar	Yogurt, Assorted, Low fat
	Dinner Rolls	Fruit Bar
	Bread Bar	Dinner Rolls
		Bread Bar

CYCLE MENU #2

BREAKFAST	LUNCH	DINNER
FRIDAY – 18 FEB 2011		

Hot Farina	Navy Bean Soup	French Onion Soup
Cereal, RTE, Assorted, Sweet	Shrimp Scampi	Baked Halibut Steak
Griddle Fried Eggs	Beef Yakisoba	Mambo Pork Roast
(Hard) Cooked Eggs	Steamed Asparagus	Steamed Peas
Scrambled Eggs	Mixed Vegetables	Corn on the cob
Omelet Bar	Tossed Green Rice	Oven Browned Potatoes
Waffles, Frozen	Egg Roll	Shrimp Fried Rice
Grilled Ham Steak	Easy Vanilla Cake	Easy Vanilla Cake
Corned Beef Hash	Brownies	Brownies
Home Fried Potatoes	Fruit Gelatin	Strawberry Chiffon Pie
Danish, Pastry, Variety	Salad Bar	Fruit Gelatin
Apple Coffee Cake	Ham Salad	Salad Bar
Yogurt, Assorted, Low fat	Broccoli Salad	Ham Salad
Fruit Bar	Yogurt, Assorted, Low fat	Broccoli Salad
Bread Bar	Fruit Bar	Yogurt, Assorted, Low fat
	Dinner Rolls	Fruit Bar
	Ramen Bar	Dinner Rolls
	Bread Bar	Bread Bar

SATURDAY – 19 FEB 2011

Hot Oatmeal	Broccoli Cheese Soup	French Onion Soup
Cereal, RTE, Assorted, Sweet	Honey Glazed Chicken	Spinach Lasagna
Griddle Fried Eggs	Kielbasa with Sauerkraut and apples	Grilled Steak
(Hard) Cooked Eggs	Steamed Broccoli	Steamed Asparagus
Scrambled Eggs	Creole Summer Squash	Cauliflower
Omelet Bar	Candied Sweet Potatoes	Baked Potatoes
French Toast	Savory Style Beans	Rice Pilaf
Oven Fried Bacon	Devil's Food Cake	Devil's Food Cake
Grilled Minute Steak	Chocolate Chip Cookies	Chocolate Chip Cookies
Hashed Brown Potatoes	Strawberry Chiffon Pie	Fruit Flavored Gelatin
Muffins, Variety, Frozen	Fruit Flavored Gelatin	Salad Bar
Kolaches	Salad Bar	Crab Salad
Yogurt, Assorted, Low fat	Crab Salad	Deviled Potato Salad
Fruit Bar	Deviled Potato Salad	Yogurt, Assorted, Low fat
Bread Bar	Yogurt, Assorted, Low fat	Dinner Rolls
	Fruit Bar	Fruit Bar
	Dinner Rolls	Bread Bar
	Bread Bar	

CYCLE MENU #2

BREAKFAST	LUNCH	DINNER
SUNDAY – 20 FEB 2011		
Hot Farina	Okra and Tomato Gumbo Soup	Navy Bean Soup

Cereal, RTE, Assorted, Sweet	Chili Macaroni	Beef Pot Roast
Griddle Fried Eggs	Chicken Nuggets	Scalloped Ham & Noodles
(Hard) Cooked Eggs	Hacienda Green Beans	Club Spinach
Scrambled Eggs	Steamed Mixed Vegetables	Cauliflower Polonaise
Omelet Bar	French Fried Potatoes	Seasoned Egg Noodles
Blueberry Pancakes	Marble Cake	Mashed Potatoes
Grilled Ham	Peanut Butter Brownies	Marble Cake
Sausage Gravy and Biscuits	Lemon Meringue Pie	Peanut Butter Brownies
Tater Tots	Fruit Cocktail Gelatin	Lemon Meringue Pie
Danish, Pastry, Variety	Salad Bar	Fruit Cocktail Gelatin
Quick Coffee Cake	Ham Salad	Salad Bar
Yogurt, Assorted, Low fat	Danish, Pastry, Variety	Ham Salad
Fruit Bar	Quick Coffee Cake	Quick Coffee Cake
Bread Bar	Dinner Rolls	Dinner Rolls
	Fruit Bar	Fruit Bar
	Bread Bar	Bread Bar

CYCLE MENU #3

BREAKFAST	LUNCH	DINNER
MONDAY – 21 FEB 2011		
Hominy Grits	Vegetable Soup	Egg Drop Soup
Cereal, RTE, Assorted, Sweet	Baked Fish	Chicken Adobo
Griddle Fried Eggs	Pork Chop Suey	Beef Stew
(Hard) Cooked Eggs	French Cut Green Beans	Broccoli (Frozen)
Scrambled Eggs	Cauliflower Au Gratin	Carrot Slices (Frozen)
Omelet Bar	Parsley Buttered Potatoes	Steamed Rice
Waffles, Frozen (Brown & Serve)	Shrimp Fried Rice	Pancit (Sauteed rice noodles)
Grilled or oven Canadian bacon	Devil's Food Cake (Cake mix)	Devil's Food Cake (Cake mix)
Texas Hash (Ground Beef)	Brownies	Brownies
Pork Fried Rice	Fruit Cocktail Gelatin	Pumpkin Pie
Muffins, Variety, Frozen	Salad Bar	Fruit Cocktail Gelatin
Cinnamon Rolls	Crab Salad	Salad Bar
Yogurt, Assorted, Low fat	Broccoli Salad	Crab Salad
Fruit Bar	Cinnamon Rolls	Broccoli Salad
Bread Bar	Yogurt, Assorted, Low fat	Dinner Rolls (Frozen Dough)
	Dinner Rolls (Frozen Dough)	Fruit Bar
	Fruit Bar	Bread Bar
	Bread Bar	
TUESDAY – 22 FEB 2011		
Hot Farina	Zesty Bean Soup	Old Fashioned Bean Soup
Cereal, RTE, Assorted, Sweet	Italian Style Veal Steaks	Meat Loaf
Griddle Fried Eggs	Baked Stuffed Fish	Chicken Stir Fry
(Hard) Cooked Eggs	Greens, Collard (Frozen)	Peas (Frozen)
Scrambled Eggs	Corn, Whole Kernel (Frozen)	Cauliflower (Frozen)
Omelet Bar	Lyonnais Potatoes (Dehydrated)	Mashed Potatoes
French Toast (Thick Slice)	Rice Pilaf	Brown Gravy
Grilled Sausage Patties	Easy Chocolate Cake	Egg Noodles
Breakfast Burrito	Peanut Butter Cookies (Frozen)	Yellow Cake
Cottage Fried Potatoes	Strawberry Gelatin	Peanut Butter Cookies (Frozen)
Danish, Pastry, Variety, Frozen	Salad Bar	Strawberry Gelatin
Pecan Rolls	Egg Salad	Salad Bar
Yogurt, Assorted, Low fat	Yogurt, Assorted, Low fat	Egg Salad
Fruit Bar	Fruit Bar	Deviled Potato Salad
Bread Bar	Dinner Rolls (Frozen Dough)	Yogurt, Assorted, Low fat
	Bread Bar	Fruit Bar
		Dinner Rolls (Frozen Dough)
		Bread Bar

CYCLE MENU #3

BREAKFAST	LUNCH	DINNER
WEDNESDAY – 23 FEB 2011		
Hot Oatmeal	Chicken Gumbo Soup	Minestrone Soup
Cereal, RTE, Assorted, Sweet	BBQ Pork Spareribs	Chicken Marcella
Griddle Fried Eggs	Fried Shrimp	Yankee Pot Roast
(Hard) Cooked Eggs	Mustard Greens	Louisiana Style Smothered Squash
Scrambled Eggs	Mixed Vegetables (Frozen)	Broccoli (Frozen)
Omelet Bar	Hopping John	Oven Browned Potatoes
Pancakes	Macaroni and Cheese	Steamed Rice
Oven Fried Bacon	Marble Cake	Marble Cake
Grilled Minute Steak	Chocolate Chip Cookies	Chocolate Chip Cookies
Hashed Brown Potatoes	Cherry Crumble Pie	Cherry Crumble Pie
Muffins, Variety, Frozen	Gelatin Rainbow	Gelatin Rainbow
Kolaches	Salad Bar	Salad Bar
Yogurt, Assorted, Low fat	Ham Salad	Ham Salad
Fruit Bar	Yogurt, Assorted, Low fat	Yogurt, Assorted, Low fat
Bread Bar	Fruit Bar	Fruit Bar
	Dinner Rolls (Frozen Dough)	Dinner Rolls (Frozen Dough)
	Bread Bar	Bread Bar
THURSDAY – 24 FEB 2011		
Hot Farina	New England Clam Chowder	Chicken Noodle Soup
Cereal, RTE, Assorted, Sweet	Baked Halibut Steak	Pizza Casserole
Griddle Fried Eggs	Beef Stroganoff	Rotisserie Chicken Quarters
(Hard) Cooked Eggs	Asparagus (Frozen)	Green Beans with Corn (canned)
Scrambled Eggs	Corn on the cob	Mixed Vegetables
Omelet Bar	Garlic Fried Rice	Parsley Buttered Potatoes
Waffles, Frozen (Brown & Serve)	Buttered Pasta	Shrimp Fried Rice
Grilled Ham Steak	Almond Cake (Yellow Cake Mix)	Almond Cake (Yellow Cake Mix)
Grilled Turkey Sausage Links	Oatmeal Chocolate Chip Cookies	Oatmeal Chocolate Chip Cookies
Home Fried Potatoes	Pecan Pie	Pecan Pie
Danish, Pastry, Variety, Frozen	Gelatin Red	Gelatin Red
Oats & Fruit Breakfast Squares	Salad Bar	Salad Bar
Yogurt, Assorted, Low fat	Roast Beef Salad	Roast Beef Salad
Fruit Bar	Orzo Pasta Salad	Orzo Pasta Salad
Bread Bar	Yogurt, Assorted, Low fat	Yogurt, Assorted, Low fat
	Fruit Bar	Fruit Bar
	Dinner Rolls (Frozen Dough)	Dinner Rolls (Frozen Dough)
	Bread Bar	Bread Bar

CYCLE MENU #3

BREAKFAST	LUNCH	DINNER
FRIDAY – 25 FEB 2011		
Hominy Grits	Pepper Pot Soup	Manhattan Clam Chowder
Cereal, RTE, Assorted, Sweet	Ramen Bar	Seafood Newburg
Griddle Fried Eggs	Grilled Pork Chops	Salisbury Steak
(Hard) Cooked Eggs	Pepper Steak	Broccoli (Frozen)
Scrambled Eggs	Lyonnaise Wax Beans	Corn on the cob
Omelet Bar	Calico Cabbage	Seasoned Egg Noodles
French Toast	Parsley Buttered Potatoes	Mashed Potatoes
Grilled or oven Canadian bacon	Steamed Rice	Brown Gravy
Creamed Chipped beef	Yellow Cake (crumbs)	Yellow Cake (crumbs)
Tater Tots	Peanut Butter Brownies	Peanut Butter Brownies
Muffins, Variety, Frozen	Apple Cobbler	Apple Cobbler
Honey Cinnamon Muffins	Salad Bar	Salad Bar
Yogurt, Assorted, Low fat	Chicken Salad	Chicken Salad
Fruit Bar	Cole Slaw w/vinegar dressing	Cole Slaw w/vinegar dressing
Bread Bar	Yogurt, Assorted, Low fat	Yogurt, Assorted, Low fat
	Fruit Bar	Fruit Bar
	Dinner Rolls (Frozen Dough)	Dinner Rolls (Frozen Dough)
	Bread Bar	Bread Bar
SATURDAY – 26 FEB 2011		
Hot Farina	Creole Soup	Chicken Rice Soup
Cereal, RTE, Assorted, Sweet	BBQ Beef Sandwich (Sloppy Joe)	Carribbean Chicken
Griddle Fried Eggs	Chicken Nuggets	Lemon Pepper Fish
(Hard) Cooked Eggs	Brussels Sprouts (Frozen)	Greens, Collard (Frozen)
Scrambled Eggs	Southwestern Yellow Squash	Corn, Whole (Frozen)
Omelet Bar	Onion Rings	Cajun Oven Fries
Blueberry Pancakes	Potato Chips	Tossed Green Rice
Grilled Sausage Patties	White Cake	White Cake
Corned Beef Hash	Oatmeal Cookies	Oatmeal Cookies
Pork Fried Rice	Cherry Cobbler	Cherry Cobbler
Danish, Pastry, Variety, Frozen	Fruit Gelatin Variety	Fruit Gelatin Variety
Streusel Coffee Cake	Salad Bar	Salad Bar
Yogurt, Assorted, Low fat	Tuna Salad	Tuna Salad
Fruit Bar	Carrot and Pineapple Salad	Carrot and Pineapple Salad
Bread Bar	Yogurt, Assorted, Low fat	Yogurt, Assorted, Low fat
	Fruit Bar	Fruit Bar
	Dinner Rolls (Frozen Dough)	Dinner Rolls (Frozen Dough)
	Bread Bar	Bread Bar

CYCLE MENU #3

BREAKFAST	LUNCH	DINNER
SUNDAY – 27 FEB 2011		
Hot Oatmeal	Chicken Noodle Soup	French Onion Soup
Cereal, RTE, Assorted, Sweet	Honey Lemon Chicken breast	Grilled Steak
Griddle Fried Eggs	Roast Pork	Boiled Lobster Tail
(Hard) Cooked Eggs	Southern Style Green	Peas (Frozen)
Scrambled Eggs	Mixed Vegetables	Cauliflower (Frozen)
Omelet Bar	Parsley Buttered Potatoes	Baked Potatoes
Waffles, Frozen (Brown & Serve)	Steamed Rice	Shrimp Fried Rice
Grilled Ham Steak	Cheese Cake with Strawberries	Cheese Cake with Strawberries
Turkey Sausage Patties	Congo Bars	Congo Bars
Cheesy diced potatoes	Blueberry Pie (Prepared Pie filling)	Blueberry Pie (Prepared Pie filling)
Muffins, Variety, Frozen	Tapioca Pudding	Tapioca Pudding
Pecan rolls	Salad Bar	Salad Bar
Yogurt, Assorted, Low fat	Crab Salad	Crab Salad
Fruit Bar	Deviled Potato Salad	Deviled Potato Salad
Bread Bar	Yogurt, Assorted, Low fat	Yogurt, Assorted, Low fat
	Fruit Bar	Fruit Bar
	Dinner Rolls (Frozen Dough)	Dinner Rolls (Frozen Dough)
	Bread Bar	Bread Bar