

Antonine Village Menus-Week 3

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
DATE														
BRE AKF AST	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C	Orange Juice	1/2 C
	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C
	Oatmeal & Muffins	1/2 C & 1 P	Scrambled Eggs & potatoes w onions & pepers	1 p & 1 C	French Toast & Bacon	2 P & 2 P	Fried Eggs & Sausage	1 C & 2 P	Cheese Egg McMuffin	1 P	Hard boiled Egg & Bagels with Cream Cheese	1 P & 1 P & 1 Tsb	Pancakes / Waffles with Fruit Topping & whipped cream	2 pcs
	Bananas	1/2 P	Mandaraine	1/2 C	Strawberries	1/2 C	BlueBerries	1/2 C	Pears	1/2 C	Cantaloupe	1/2C	Scrambled eggs	1 c
LUN CH	Tomato soup	6 oz	Mac & Cheese	1 c	Chicken Parmgiana	3 oz	Roast pork with Cabbage	3 oz	Fish Fingers	3 oz	Chicken Fahita / Wraps	3 Oz	Beef Strogonoff	1 C
	Grilled Cheese	1 P			Pasta with Tomato Sauce	1/2 C	White Rice	1/2 C	Roasted Potatoes	1/2 C	Roasted Potatoes	1 C	Butter noodles	1/2 C
	Green Salad	1 C	Steamed Carrots	1/2 C	Iceberg Salad	1/2 c	Cucumber Salad	1/2 C	Cole Slaw	1 C	Steamed Brocoli	1/2 C		
	Chocolate Cake	2" x2"	Rice Pudding	1/2 C		Vanilla Cake	2" x2"	Apple Pies	2" x2"	Jello	1/2 C	Berris Pies	2"x2"	Sherbet / Ice Cream
	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C
DIN NER	Salisbury Steak	4 oz	Beef Rice Soup	1 C	Scalloped Potatoes & ham	1 C	Sloppy Joe over buns	3 oz	Cream of Mushroom Soup	1/2 C	Beef Chili	1 C	Baked Ham & fruit Glaze	3 oz
	Mashed Potatoes	1/2 C	Turkey Salad over buns	1/2 C & 1 P			Potato Salad	1/2 C	Meat or cheese Ravioli	1 C	Italian Bread	1 P	Mashed Potatoes	1/2 C
	Steamed Corn				Steamed Carrots	1/2 C	Pineapple	1/2 C	Sweet Peas	1/2 C	Maacaroni salad	1/2 c	Green Beans	1/2 C
	Cantaloupe	1/2 C	Apple Sauce	1/2 C	Watermelon	1/2 C	Peaches	1/2 C	Grapes	1/2 C	Fruit Salad	1/2 C		
	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C	Skim Milk	1 C

Dietitian's Signature: _____

Date: _____