

Antonine Village Menus-Week 1

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
B R E A K F A S T	D A T E														
	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	Mandarine	1/2 C	Strawberries	1/2 C	BlueBerries	1/2 C	Pears	1/2 C	Cantaloupe	1/2 C	Scrambled eggs	1 c		
L U N C H	Tomato soup	6 oz	sausage Gravy over biscuits	1 c & 1p	BBQ Ribs	1 C	Mac & Cheese	1 c	Baked Fish with lemon	3 oz	Philly steak sandwich	1 P	Turkey & Gravy	4 oz	
	Grilled Cheese	1 P							Cole Slaw	1/2 c	wedges potatoes	1/2 C	Stuffing	1 C	
	Steamed Cauliflower	1 C	Steamed Brocoli	1/2 C	Rice w Vegetables	1/2 c	Steamed Brocoli	1/2 C	Baked potaoes & Sour Cream	1 P	Mix Greens Salad	1 C	Cranberry Sauce	1/2 C	
	Chocolate Cake	2" x2"	Apple Pies	2" x2"	Vanilla Cake	2" x2"	Rice Pudding	1 c	Jello	1/2 C	Berris Pies	2" x2"	Sherbet / Ice Cream	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	1/2 C	
D I N N E R	Beef Stew with vegetables	1 C	Beef Vegetable soup	1 C	Fettucino Alfredo Chicken	1 C	Sloppy Joe over buns	3 oz	Vegetable Soup	1 C	Beef Chili / Italian Bread	1 C & 1 P	Baked Ham & fruit Glaze	3 oz	
	Pound Cake	1 P	Cranberry Chicken Salad over buns	1/2 C & 1P	Beats Salad	1/2 C	Potato Salad	1/2 C					Tuna Salad over buns	1/2 c & 1 P	Maacaroni salad
	Apple Sauce	1/2 C	Pineapple	1/2 C	Watermelon	1/2 C	Cantaloupe	1/2 C	Sweet potatoes	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: _____