

ATTACHMENT 3**5 week Menu "at-a-glance"**

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	<i>Meal 2</i> Grn Pepper Steak w/Sauce Calico Rice Dinner Roll Tossed Salad w/ Tomato and Cucumber	<i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat bread - 1 slice	<i>Meal 4</i> Spaghetti & Meatballs Italian Bread - 1 slice Tossed Salad 1 1/2 cups w/ Tomato & Cucumber	<i>Meal 5</i> Chicken Salad Tomato Slices, Lettuce Wheat Bread - 2 slices Garden Vegetable Soup Diced Peaches w/ Yogurt Topping (1 oz.)
<i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables with Zuchini Sliced Pears	<i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Honey Dew	<i>Meal 6</i> Pork Roast Gravy Baja Tossed Salad Peas and Carrots Rice Pilaf Wheat Dinner Roll	<i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Tomato, Cucumber, Onion, & Green Pepper Salad Raspberries & Applesauce	<i>Meal 10</i> Chicken Florentine Buttered Noodles Mixed Vegetables Banana/Pineapple Mix
<i>Meal 15</i> Pasta Fagioli Cheese slice Fruit Cocktail/Strawberries Wheat Dinner Roll	<i>Meal 12</i> Barbecued Pork Ribs Baked Potato (whole) w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	<i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Wheat Bread - 1 slice Watermelon	<i>Meal 14</i> Lasagna Italian Bread Tossed Salad 1 1/2 cups w/ Tomato & Cucumber	<i>Meal 11</i> Baked Chicken Breast w/Stuffing & Gravy Roasted Baby Carrots Apple Salad with Yogurt Dressing Wheat Bread - 1 slice
<i>Meal 18</i> Beef Stew Biscuit Tropical Fruit Salad / Mandarin Orange Mix	<i>Meal 19</i> Goulash Tossed Salad w/ Tomato and Cucumber Cinnamon pears	<i>Meal 16</i> Sauerkraut & Pork Rye Bread - 2 slices Whipped Potatoes Applesauce	<i>Meal 20</i> Cheeseburger / Wheat Bun Chopped Onions (1 Tbs.) Potato Salad Baked Beans Mandarin Oranges	<i>Meal 17</i> Fish Filet w/Tartar Sauce Rice & Barley Medley Peas Cole Slaw
<i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	<i>Meal 22</i> Stuffed Pepper w/Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	<i>Meal 23</i> Chicken/Vegetable Mixture with gravy over Biscuit Tossed Salad w/ Tomato & Cucumber	<i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce Vegetable Beef Soup Cantaloupe	<i>Meal 25</i> Sloppy Joe Wheat Bun Broccoli Slaw Diced Pears w/Blueberries

1 % Milk is served with each meal.