

bristol

WEEK 1



Breakfast

Sunday

Buttermilk Pancakes

Sausage Links, Fresh Fruit and Maple Syrup

Monday

Ham & Cheese Omelet

Southern Grits, Orange Wedges, and Whole Wheat Toast

Tuesday

Fresh Scrambled Farm Fresh Eggs

Butter Biscuit & Sausage Gravy, and Red Grapes

Wednesday

Famous French Toast

Bacon, Fresh Banana and Maple Syrup

Thursday

Cheddar Cheese Omelet

Georgia Made Sausage and Baked Fresh Apple-Cinnamon Muffin

Friday

Belgian Waffle

Bacon, Fresh Fruit and Maple Syrup

Saturday

Western Scrambled Eggs

Country Ham, Baked Fresh Blueberry Muffin and Red Grapes



Lunch

Sunday

Momma's Meatloaf and Brown Gravy

Whipped Potatoes, Seasoned Steamed Broccoli, Sweet Cornbread and Pearl's Banana Cream Pie

Monday

Herb Baked Pork Chop

Roasted Potatoes, Summer Squash, Dinner Roll and Chocolate Parfait

Taco Tuesday!

Soft Flour Beef Taco

Fried Plantains, Marinated Carrot Salad, and Apple Caramel Cake

Wednesday

Southern Fried Chicken

Dirty Rice, Sautéed Green Beans, Sweet Cornbread, Lemon Meringue Pie

Thursday

Traditional Beef Lasagna with Marinara Sauce

Caesar Salad, Garlic Bread Stick and Blackberry Cobbler

Friday

Mississippi Fried Catfish

Mac & Cheese, Creamy Cole Slaw, Hushpuppy and Fresh Yellow Cake with Vanilla Icing

Saturday

Country Ham

Au Gratin Potatoes, Mustard Greens, Dinner Roll and Choice of Vanilla, Chocolate or Strawberry Ice Cream



Dinner

Sunday

Hot Open-Faced Turkey Sandwich

Grilled Vegetables and American Apple Pie

Monday

Blackened White Fish

Yellow Rice, Braised Carrots, Dinner Roll and Soft Fresh-Baked Fudge Brownie

Tuesday

Slow-Simmered Pork BBQ

Molasses Baked Beans, Seasoned Green Beans, Butter Biscuit and Gelatin Cream

Wednesday

Off-the-Grill Cheeseburger

Crispy French Fries, Lettuce, Tomato, Onion, Pickle and Fresh Chunky-Chocolate Cookie

Thursday

Roasted Turkey Pot Pie

Garden Squash Medley, Dinner Roll, and Peach Short Cake

Friday

Slow-Cooked Pot Roast in Gravy

Herbed Carrots, and White Rice, Dinner Roll and Carrot Cake with Cream Cheese Icing

Saturday

Chicken Fettuccine Alfredo

Garden Salad, Garlic Bread Stick and Fresh Fruit with Whipped Cream Topping



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WEEK 2



Lunch

Sunday

Country-Fried Steak with Peppermill Gravy

Whipped Potatoes, Steamed Cauliflower, Dinner Roll and Lemon Chess Pie

Monday

Grilled Pork Medallions

Crowder Peas, Stewed Cabbage with Bacon & Onion, Dinner Roll and Berry Cobbler

Taco Tuesday!

Fiesta Salad!

Mexican Corn, Black Beans with Baked Custard Caramel

Wednesday

Southern Fried Chicken

Mac & Cheese, Turnip Greens, Sweet Cornbread and Orange Dreamsicle Delite

Thursday

Spaghetti with Meat Sauce

Caesar Salad, Garlic Bread Stick and Pecan Pie

Friday

Herb-Crusted White Fish

Carolina Rice, Chilled Beet Salad, Dinner Roll and Lemon Bar

Saturday

Grilled Pork Chop with Fried Apples

Collard Greens, Sweet Cornbread and Strawberry Short Cake



Dinner

Sunday

Chicken & Dumplings

Green Beans Almondine, Dinner Roll, Chilled Peaches & Cream

Monday

Braised Beef Brisket

Baked Beans, Yellow Squash with Onions, Pull-a-Part Roll and Black Forest Dessert

Tuesday

Basil-Ricotta Stuffed Pasta Shell

Garlic Buttered Broccoli, Bread Stick and Chocolate Pudding with Whipped Cream

Wednesday

Shepherd's Pie

Roasted Brussels Sprouts, Dinner Roll and a Fresh Baked "Small" Cake.

Thursday

Herbed Rotisserie Chicken

Creamy Skillet White Beans, Turnip Greens, Cheddar Biscuit and Red Velvet Cake

Friday

Beef Steak with Mushroom Gravy

Whipped Potatoes, Marinated Tomato & Cuke Salad, Dinner Roll and Cheese Cake.

Saturday

BBQ Chicken

Potato Salad, Broccoli Slaw, Chive Biscuit and Baked Custard



Breakfast

Sunday

Buttermilk Pancakes

Sausage Links, Fresh Fruit and Maple Syrup

Monday

Ham & Cheese Omelet

Southern Grits, Orange Wedges, and Whole Wheat Toast

Tuesday

Fresh Scrambled Farm Fresh Eggs

Butter Biscuit & Sausage Gravy, and Red Grapes

Wednesday

Famous French Toast

Bacon, Fresh Banana and Maple Syrup

Thursday

Cheddar Cheese Omelet

Georgia Made Sausage and Baked Fresh Apple-Cinnamon Muffin

Friday

Belgian Waffle

Bacon, Fresh Fruit and Maple Syrup

Saturday

Western Scrambled Eggs

Country Ham, Baked Fresh Blueberry Muffin and Red Grapes



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WEEK 3



Lunch



Dinner

Sunday

Sunday Goulash

Fresh Garden Salad, Garlic Toast and Blueberry Pie with Whipped Topping

Monday

Pork Stir Fry

Fried Rice, Steamed Snow Peas and Sherbert

Taco Tuesday!

Soft Shredded Beef Taco

Pinto Beans, Marinated Tomato Salad, Tres Leches Cake

Wednesday

Southern Fried Chicken

Whipped Potatoes with Gravy, Okra & Tomatoes, Cornbread, Lemon Meringue Pie

Thursday

Beef Stew

Over Steamed White Rice, Green Beans, Cheddar Biscuit and Banana Cream Pie

Friday

Blackened White Fish

Served with Fettuccine Alfredo, Fresh Garden Salad, Corn Fritters and Butterscotch Pudding with Whipped Topping

Saturday

Seared Chicken Breast with Mushroom Gravy

Creamed Potatoes, Cheesy-Broccoli, Chive Biscuit and Blondie-Brownie



Sunday

Tuna Salad on Croissant

Potato Salad, Fresh Fruit, Lettuce, Tomato & Onion, and Bread Pudding with White Chocolate Sauce

Monday

Chilled Grilled Chicken Breast over Apple-Walnut Salad

Roasted Vegetables, Butter Biscuit and Cheese Cake with Berry Topping

Tuesday

Crispy White Fish Sandwich

Steak Fries, Creamy Cole Slaw, Lettuce, Tomato & Onion, and Lemon Bar

Wednesday

Glazed Ham

Sweet Potato Souffle, Fresh Garden Salad, Cornbread, and Egg Custard Cream Pie

Thursday

Roasted Turkey Casserole

Spiced Carrots, Dinner Roll, and Apple Crisp

Friday

Pasta Carbonara

Sweet Peas, Caesar Salad, Garlic Bread Stick, Fruit Gelatin with Whipped Topping

Saturday

Brunswick Stew

Roasted Corn, Fresh Garden Salad, Cheddar Biscuit, and Peanut Butter Cookie



Breakfast

Sunday

Buttermilk Pancakes

Sausage Links, Fresh Fruit and Maple Syrup

Monday

Ham & Cheese Omelet

Southern Grits, Orange Wedges, and Whole Wheat Toast

Tuesday

Fresh Scrambled Farm Fresh Eggs

Butter Biscuit & Sausage Gravy, and Red Grapes

Wednesday

Famous French Toast

Bacon, Fresh Banana and Maple Syrup

Thursday

Cheddar Cheese Omelet

Georgia Made Sausage and Baked Fresh Apple-Cinnamon Muffin

Friday

Belgian Waffle

Bacon, Fresh Fruit and Maple Syrup

Saturday

Western Scrambled Eggs

Country Ham, Baked Fresh Blueberry Muffin and Red Grapes

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WEEK 4



Breakfast

Sunday

Buttermilk Pancakes

Sausage Links, Fresh Fruit and Maple Syrup

Monday

Ham & Cheese Omelet

Southern Grits, Orange Wedges and Whole Wheat Toast

Tuesday

Fresh Scrambled Farm Fresh Eggs

Butter Biscuit & Sausage Gravy, and Red Grapes

Wednesday

Famous French Toast

Bacon, Fresh Banana and Maple Syrup

Thursday

Cheddar Cheese Omelet

Georgia Made Sausage and Baked Fresh Apple-Cinnamon Muffin

Friday

Belgian Waffle

Bacon, Fresh Fruit and Maple Syrup

Saturday

Western Scrambled Eggs

Country Ham, Baked Fresh Blueberry Muffin and Red Grapes



Lunch

Sunday

Homestyle Baked Pork Chop

Au Gratin Potatoes, Vegetable Medley, Dinner Roll, and Sweet Apple Pie.

Monday

Chicken Caesar Salad

Tomato Soup, Crackers, and Fresh Berries with Whipped Topping

Taco Tuesday!

Taco Casserole

Spanish Rice and Cinnamon Spiced Peaches

Wednesday

Southern Fried Chicken

Carrot Souffle, Turnip Greens, Cornbread, and Rice Pudding

Thursday

Beef Patty Melt

Potato Wedges, Fresh Garden Salad, and Melon Cup

Friday

Maryland Crab Cakes

Three Bean Salad, Grilled Vegetables, Dinner Roll, and Fruit Gelatin

Saturday

Ole' Fashion Chicken Casserole

Squash Medley, Fresh Spinach Salad, Dinner Roll, and Choice of Chocolate, Vanilla or Strawberry Ice Cream



Dinner

Sunday

Open Faced Roast Beef Sandwich

Parsley Carrots and Peaches with Cream

Monday

Shrimp & Grits

Caesar Salad, Broiled Tomatoes, Garlic Bread, and Bread Pudding with White Choc. Sauce

Tuesday

Spinach Manicotti with Parmesan-Cream Sauce

Fresh Garden Salad, Bread Stick, and Out-of-the-Oven Chocolate Chip Cookie

Wednesday

Herb Roasted Pork

Garlic Butter Broccoli, Steamed White Rice, Cornbread, and Gingerbread Cake with Whipped Topping

Thursday

Grilled B-T-O Cheese Sandwich

Lentil Soup, Carrot Salad, Crackers, and Red Velvet Cake

Friday

Prime Rib with Au Jus

Scalloped Potatoes, Brussels Sprouts, Dinner Roll, and Ice Cream Sundae Made-to-Order

Saturday

Eggplant Parmesan with Marinara

Caesar Salad, Bread Stick and Chocolate Cake

