

SAMPLE MENU

<u>MEAL</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
AM Snack	Toast & Jam	Pancakes & Fruit	Cheerios	Bran Muffins	Oatmeal
Lunch	Beef Vegetable Soup, Rolls & Butter Sliced Pears	Chicken Enchiladas & Garden Salad Grapes	Cabbage Casserole, Mashed Potatoes & Carrots Apple Sauce	Chicken Stir Fry, Couscous Fruit Cocktail	Shepherd's Pie Yogurt
PM Snack	Cheese, Pickles & Crackers	Fresh Fruit & Yogurt	Bagels & Cream Cheese	Apples & Cheese	Banana Bread