

ST. JOSEPH'S RESIDENCE

Weekly meal plan-2017

Cycle=3	10-08	10-09	10-10	10-11	10-22	10-13	10-14
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
R E A K F A S T	Juice Oatmeal Cream of wheat, Dry cereal Scrambled eggs Toast or cinnamon roll Bacon & sausage Coffee or tea Milk	Juice Oatmeal Cream of wheat, Dry cereal Scrambled eggs Toast or Cinnamon roll Coffee, tea, Milk	Juice Oatmeal Cream of wheat, Dry cereal Scrambled eggs Toast or Cinnamon roll Bacon Coffee or tea Milk	Juice Oatmeal Cream of wheat, Dry cereal Scrambled eggs Toast or Cinnamon roll Coffee or tea, Milk	Juice Oatmeal Cream of wheat, Dry cereal Scrambled eggs Bacon Toast or cinnamon roll Coffee or tea Milk	Juice Oatmeal Cream of wheat, Dry cereal Scrambled eggs Toast or cinnamon roll Coffee or tea Milk	Juice Oatmeal Cream of wheat, Dry cereal Scrambled eggs Toast or cinnamon roll Coffee or tea Milk
L U N C H	P I C N I C	Baked chicken Baked Sweet potatoes Lettuce salad Hot Bread Beverage of choice Assorted dessert	Beef stew Boiled potato Hot bread Assorted dessert Beverage of choice	Meat patties Spaghetti with sour cream Boiled carrots Hot bread Assorted dessert Beverage of choice	Pork patties Mixed Vegetables Rice Hot bread Assorted dessert Beverage of choice	Salmon patties Noodles Spinach Hot bread Assorted dessert Beverage of choice	Knights of Columbus P I C N I C
D I N N E R	Tomato soup Deli sandwich w/ Fruit & Chips Ice cream Beverage of choice	Pinto bean soup Corn bread Fruits& dessert Beverage of choice	Split Pea soup Pimento sandwich Fruits &dessert Beverage of choice	Vegetable soup Pizza with pepperoni Fruits& dessert beverage of choice	Minestrone soup Egg sandwich Chips & Fruit Dessert choice Beverage of choice	Mushroom soup Tuna Salad w/ crackers Cucumber Salad Beverage of choice Fruits & dessert	Lentil soup Pancakes & sausage Beverage of choice Fruits& dessert