

| Sunday<br>December 2, 2018  | Monday<br>December 3, 2018  | Tuesday<br>December 4, 2018   | Wednesday<br>December 5, 2018  | Thursday<br>December 6, 2018   | Friday<br>December 7, 2018  | Saturday<br>December 8, 2018  |
|---|---|---|--|--|---|---|
| Breakfast   | Breakfast   | Breakfast   | Breakfast  | Breakfast  | Breakfast   | Breakfast   |
| Oatmeal<br>Egg and Sausage Muffin<br>Scrambled Egg<br>Grilled Ham<br>Assorted Pastry<br>Honeydew  | Cream of Wheat<br>Peach Waffles<br>Scrambled Eggs<br>Banana Bread<br>Pear Halves  | Oatmeal<br>Open faced Egg Sandwich<br>Scrambled Egg<br>Hash Browns<br>Pastry<br>Orange Wedges   | Oatmeal<br>Cinnamon French Toast<br>Cheese Scramble<br>Turkey Sausage<br>Donuts<br>Pineapple Chunks  | Cream of Wheat<br>Blueberry Pancakes<br>Scrambled Eggs<br>Sausage Patty<br>Apple Raisin Cake<br>Prunes   | Oatmeal<br>Waffles<br>Denver Scramble<br>Bacon<br>Pastry<br>Peach Slices  | Cream of Wheat<br>Pancakes<br>Scrambled Egg<br>Corned Beef Hash<br>Chocolate Chip Muffins<br>Cantaloupe   |
| Brunch  | Lunch   | Lunch   | Lunch  | Lunch  | Lunch   | Lunch   |
| Vegetable Rice Soup<br>Seafood Salad<br>Roasted Tri Tip<br>Tomato Basil Snapper<br>Pepper Chicken ✓<br>Roasted Red Potatoes<br>Tuscan Orzo<br>Italian Vegetable Blend<br>Roasted Carrots<br>Lemon Cake<br>Dutch Apple Pie<br>NSA Cheesecake<br>Diet Pudding | Classic Tomato Soup<br>Chicken Noodle Soup<br>Quinoa Salad<br>Beef Chili w/ cornbread<br>Salsa Fresca Chicken ✓<br>White Rice<br>Stir Fried Vegetables<br>Pumpkin Bars<br>Zucchini Bread<br>Diet Ice Cream<br>Diet Spice Cake   | Cheesy Cauliflower Soup<br>Navy Bean Soup<br>Macaroni Cheddar Salad<br>Tuscan Sausage and Grapes<br>Lemon Tarragon Sole ✓<br>Roasted Potatoes & Onions<br>Squash Medley<br>Peanut Butter Pie<br>Pecan Coffee Cake<br>Diet Cake<br>Diet Cherries   | Chicken & Wild Rice Soup<br>Bacon Corn Chowder<br>Red Cabbage Slaw<br>Ortega Chicken<br>Pork Dijonaise ✓<br>Herb Rice Pilaf<br>Broccoli & Peppers<br>Chocolate Cream Cheese Bundt<br>Coconut Cake<br>Diet Mousse<br>No Sugar Added Carrot Cake   | Beef Barley<br>Carrot & Ginger Soup<br>Watergate Salad<br>French Dip Sandwich<br>Moroccan Chicken ✓<br>Couscous<br>Green Beans and Carrots<br>Guadalupe Pie<br>Spice Cake<br>Diet Ice Cream<br>Diet Trifle   | Cabbage & Potato<br>New England Clam Chowder<br>Angel Hair Salad<br>Seafood Newburg<br>Beef Goulash ✓<br>Egg Noodles<br>Roasted Root Vegetables<br>Princess Bar<br>Moon Pie<br>Diet Cake<br>No Sugar Added Pie  | Italian Wedding Soup<br>Chef's Choice Soup<br>German Potato Salad<br>Meatloaf<br>Herb Roasted Pork loin ✓<br>Mac & Cheese<br>Succotash<br>Napoleons<br>Ice Cream Pie<br>Diet Cookies<br>Diet Ice Cream  |
| Dinner  | Dinner  | Dinner  | Dinner   | Dinner   | Dinner  | Dinner  |
| Vegetable Rice Soup<br>Seafood Salad<br>Patty Melt<br>Turkey Broccoli Divan<br>Onion Rings<br>Fresh Fruit<br>Lemon Cake<br>Dutch Apple Pie<br>Diet Pudding<br>No Sugar Added Cheesecake   | Classic Tomato Soup<br>Chicken Noodle Soup<br>Quinoa Salad<br>Hot Dog with Chili<br>Baked Chicken Ziti<br>Dijon Crusted Sole ✓<br>French Fries<br>Garden Rice Pilaf<br>Zucchini Blend<br>Bell Pepper Succotash<br>Pumpkin Bars<br>Zucchini Bread<br>Diet Spice Cake<br>Diet Ice Cream | Cheesy Cauliflower Soup<br>Navy Bean Soup<br>Macaroni Cheddar Salad<br>Hoisin Pork loin<br>Walnut Shrimp<br>Panko crusted Chicken ✓<br>Jasmine Rice<br>Chow Mein Noodles<br>Green Beans & Carrots<br>Sautéed Bok Choy<br>Peanut Butter Pie<br>Pecan Coffee Cake<br>Diet Cherries<br>Diet Cake | Chicken & Wild Rice Soup<br>Bacon Corn Chowder<br>Red Cabbage Slaw<br>Chicken Pot Pie<br>Braised Lamb<br>Ginger Orange Rockfish ✓<br>Feta Potatoes<br>Saffron Rice<br>Steamed Broccoli<br>Peas and Onions<br>Chocolate Cream Cheese Bundt<br>Coconut Cake<br>No sugar added carrot cake<br>Diet Mousse | Beef Barley<br>Carrot & Ginger Soup<br>Watergate Salad<br>Fried Chicken<br>Beef Stew<br>Lemon Pepper Tilapia ✓<br>Loaded Mac & Cheese<br>Mashed Potatoes<br>Collard Greens<br>Roasted Brussels Sprouts<br>Guadalupe Pie<br>Spice Cake<br>Diet Trifle<br>Diet Ice Cream | Cabbage Potato Soup<br>New England Clam Chowder<br>Angel Hair Salad<br>Liver and Onions<br>BBQ Chicken<br>Baja Red Snapper ✓<br>Green Onion Polenta<br>Cilantro Rice<br>Cheesy Cauliflower<br>Roasted Zucchini<br>Princess Bar<br>Moon Pie<br>No Sugar Added Pie<br>Diet Cake | Italian Wedding Soup<br>Chef's Choice Soup<br>German Potato Salad<br>Asian Free Range Chicken with<br>Peanut Sauce<br>served with Thai Peanut Pasta and<br>Stir Fry Vegetables<br>Pecan Crusted Cod with Lemon<br>Honey Glaze<br>served with Whipped Sweet<br>Potatoes and Roasted Vegetables<br>Napoleons<br>Ice Cream Pie<br>Diet Ice Cream<br>Diet Cookies |