

Ethan Allen Residence

Sample Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
ORANGE JUICE FRESH FRUIT CUP OATMEAL SAUSAGE PATTY ENGLISH MUFFIN MARGARINE JELLY COFFEE OR TEA MILK	APPLE JUICE FRESH BANANA BRAN FLAKES CEREAL SCRAMBLED EGGS WAFFLE MARGARINE SYRUP COFFEE OR TEA MILK	CRANBERRY JUICE MANDARIN ORANGES CREAMY WHEAT SAUSAGE PATTY COUNTRY GRAVY BISCUIT MARGARINE COFFEE OR TEA MILK	GRAPE JUICE APPLESAUCE CHEERIOS EGG BACON CINNAMON TOAST MARGARINE COFFEE OR TEA MILK	ORANGE JUICE PINEAPPLE CUBES OATMEAL SCRAMBLED EGGS & HAM TOAST MARGARINE JELLY COFFEE OR TEA MILK	APPLE JUICE FRESH FRUIT CORN FLAKES SAUSAGE BISCUIT MARGARINE JELLY COFFEE OR TEA MILK	CRANBERRY JUICE STRAWBERRIES CREAMY WHEAT EGG BACON BLUEBERRY PANCAKES MARGARINE SYRUP COFFEE OR TEA MILK
LUNCH						
PORK & VEGGIE STIR FRY RICE EGG ROLL MARGARINE ALMOND COOKIE COFFEE OR TEA MILK	LEMON PEPPER FISH CORN O'BRIEN BROCCOLI SPEARS DINNER ROLL MARGARINE PEANUT BUTTER CAKE COFFEE OR TEA MILK	BARBECUED CHICKEN POTATO SALAD MIXED VEGETABLES CORN BREAD MARGARINE CHESS SQUARE COFFEE OR TEA MILK	BAKED PORK CHOP GRAVY LEMON NEW POTATOES BUTTERED BEETS DINNER ROLL MARGARINE CHERRY COBBLER COFFEE OR TEA MILK	OVEN FRIED FISH TARTAR SAUCE PAPRIKA RICE BREADED ZUCCHINI HUSHPUPPIES MARGARINE BAKED APPLES COFFEE OR TEA MILK	LONDON BROIL GRAVY MASHED POTATOES CALIFORNIA VEGGIES DINNER ROLL MARGARINE FROSTED CAKE COFFEE OR TEA MILK	PORK LOIN W/WHITE BEANS BOILED POTATOES RED CABBAGE DINNER ROLL MARGARINE BOSTON CREAM PIE COFFEE OR TEA MILK
DINNER						
TOMATO BASIL SOUP SALTINE CRACKERS CHICKEN SALAD SANDWICH GARDEN SLAW MARGARINE PEACH PARFAIT COFFEE OR TEA MILK	COUNTRY FRIED STEAK STEAK COUNTRY GRAVY AMERICAN FRIED POTATOES FRENCH STYLE GREEN BEANS BISCUIT MARGARINE KEY LIME PIE COFFEE OR TEA MILK	STUFFED SHELLS BRUSSEL SPROUTS BREAD STICK MARGARINE TIRAMISU COFFEE OR TEA MILK	CORNERED BEEF ON RYE ONION RINGS SAUERKRAUT FRUIT FLUFF COFFEE OR TEA MILK	CHEESY CHICKEN W/MUSHROOM SAUCE TRICOLOR PASTA CAULIFLOWER DINNER ROLL MARGARINE STRAWBERRIES W/TOPPING COFFEE OR TEA MILK	CREAM OF ASPARAGUS SOUP SALTINE CRACKERS EGG SALAD ON A CROISSANT CUCUMBER ONION SALAD MARGARINE SUNNY PEARS COFFEE OR TEA MILK	BREADED FISH AU GRATIN PARSLIED RICE SEASONED BROCCOLI DINNER ROLL MARGARINE BUTTERSCOTCH SQUARE COFFEE OR TEA MILK