

Week 3

Park Hill Residence

Week of: May 23 to 29, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Grits or Cold Cereal Bacon Fruit Yogurt Cinnamon Roll Toast & Jelly Fruit Juice	Cream of Wheat or Cold Cereal Waffles Fruit Toast & Jelly Fruit Juice	Oatmeal or Cold Cereal Eggs Oranges Toast w/ Jelly Fruit Juice	Malt O Meal or Cold Cereal Pancakes Corn Beef Hash Toast w/ Jelly Fruit Juice	Cream of Wheat or Cold Cereal Link Sausage Hash Browns Toast w/ Jelly Fruit Juice	Oatmeal Or Cold Cereal Scrambled Eggs Bacon Toast w/ Jelly Fruit Juice	Malt O Meal or Cold Cereal Omelet Link Sausage Toast w/ Jelly Fruit Juice
LUNCH	Pot Roast Veggies Sweet Potatoes Salad Rolls Fruit Jello Beverage	Cheeseburgers Lettuce, Tomato Beans Potato Salad Condiments Cookies Beverage	Liver & Onions Buttered Potatoes Green Beans Salad Bread & Butter Apricots Beverage	Spaghetti w/ Meat Sauce Garlic Bread Broccoli Salad Ice Cream Beverage	Chicken Patty w/ Sauce Lettuce Salad Rice Biscuit Fruit Beverage	Black Eye Peas w/ Ham Corn Bread Salad Chocolate Cake Beverage	Sliced Turkey w/ Gravy Mashed Potatoes Sliced Carrots Salad Brownies Beverage
DINNER	Tuna Fish Casserole Peas Bread & Butter Pound Cake Beverage	Ravioli Tossed Salad Bread & Butter Pudding Beverage	Hot Dogs Corn on the Cob Mixed Fruit Coffee Cake Beverage	Eggs Hash Browns Veggies Cookies Beverage	Grilled Cheese Sandwich Tomato Soup Crackers Applesauce Beverage	Stuffed Green Peppers Frito Chips Garlic Bread Pears Beverage	Shrimp Fruit Salad Bread & Butter Dessert Beverage
SNACK	Canned or Fresh Fruit Nutrition Bars Sandwiches Beverages	Canned or Fresh Fruit Nutrition Bars Sandwiches Beverages	Canned or Fresh Fruit Nutrition Bars Sandwiches Beverages	Canned or Fresh Fruit Nutrition Bars Sandwiches Beverages	Canned or Fresh Fruit Nutrition Bars Sandwiches Beverages	Canned or Fresh Fruit Nutrition Bars Sandwiches Beverages	Canned or Fresh Fruit Nutrition Bars Sandwiches Beverages

*Fruit Available for Nutritious Snack at all times.