

Week 4

Park Hill Residence

Week of: May 30 to June 5, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Grits or Cold Cereal Bacon Fruit Yogurt Cinnamon Toast Toast & Jelly Fruit Juice	Cream of Wheat or Cold Cereal Scrambled Eggs Toast & Jelly Canned Fruit Fruit Juice	Oatmeal or Cold Cereal Poached Eggs Corn Beef Hash Toast w/ Jelly Fruit Juice	Grits or Cold Cereal Pancakes Bacon Toast w/ Jelly Fruit Juice	Cream of Wheat or Cold Cereal Omelet 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 Egg Patties Link Sausage Toast w/ Jelly Fruit Juice
LUNCH	Pork Chops w/ Dressing Coleslaw Bread & Butter Salad Dessert Beverage	Beef Stew Rice Green Beans Rolls Salad Pie Beverage	Meat Loaf Parsley Potatoes Mixed Veggie Bread & Butter Salad Dessert Beverage	Fish Sticks Buttered Rice Coconut Fruit Salad Bread & Butter Salad Dessert Beverage	Cabbage Rolls Corn Fruit Salad Garlic Bread Salad Dessert Beverage	Meatballs Rice Roll Fresh Fruit Salad Dessert Lettuce Salad Beverage	Country Fried Steak Mashed Potatoes Sauce Peas Bread & Butter Salad Beverage
DINNER	Turkey Tetrazinni Vegetable Bread & Butter Fruit Beverage	Egg Salad Sandwich Chips Sliced Tomato Peaches Beverage	Macaroni & Cheese Orange Slice Crackers Dessert Beverage	Tuna Salad Sandwich Vegetable Soup Crackers Pudding Beverage	Chicken Nuggets Pickles Fries Fruit Beverage	Chili Dogs Chopped Onions Baked Beans Vanilla Tarts w/ Topping Beverage	Fettuccini Alfredo Veggies Garnish Bread & Butter Ice Cream 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.