

A Weekly Menu

AT PRESBYTERIAN MANOR



Monday

BREAKFAST

mandarin oranges, raisin cream of wheat
scrambled egg, bacon, waffle w/ syrup
bran flakes, sausage patty, assorted muffins

white or wheat toast
orange juice, milk, coffee

LUNCH

soup: chicken and sausage gumbo
crab cakes, sweet potato patties
seasoned asparagus
lettuce & tomato salad

Butterscotch Pudding
Iced tea, apple juice

DINNER

fried shrimp or filet mignon
baked potato, cape cod vegetables
cherry bing salad, fired green beans

Cake and vanilla ice cream
Iced tea, milk

Tuesday

BREAKFAST

chilled fruit salad, oatmeal
scrambled egg, bacon
breakfast cookies, rice crispy cereal

white or wheat toast
grape juice, milk, coffee

LUNCH

soup: broccoli cheese
cornflake chicken, masehd potato
turnip greens, tossed salad

assorted ice creams
cranberry juice, iced tea, milk

DINNER

chicken pot pie or fried pork chop
seasoned potatoes, italian vegetables
almond mandarin salad, buttered croisant

butterfinger cake
iced tea, milk

Wednesday

BREAKFAST

malt-o-meal, stewed prunes
pancakes, bacon, scrambled egg
raisin bran cereal, assorted muffins

white or wheat toast
apple juice, milk, coffee

LUNCH

soup: pinto bean
BBQ brisket, baked beans
capri blend vegetables, cornbread

lime souffle, congo bars
iced tea, milk, grape juice

DINNER

chopped sirloin or lemon pepper fish
roasted red potatoes, tossed salad
buttered green beans, rolls

banana split dessert
Iced tea, milk

Thursday

BREAKFAST	banana half, cream of rice scrambled egg, bacon, french toast cheerios cereal	white or wheat toast cranberry juice, milk, coffee
LUNCH	soup: cream of chicken smothered beef patty seasoned cabbage, deviled eggs	sugar cookies Iced tea, orange juice
DINNER	southern fried chicken or baked ham mashed potatoes, broccoli casserole lime pear salad, baby carrots, biscuit, gravy	strawberry cream pie Iced tea, milk

Friday

BREAKFAST	chilled diced pears, oatmeal w/ raisins scrambled egg and ham, bacon buttered raisin toast, corn flakes	wheat toast, assorted muffins orange juice, milk, coffee
LUNCH	soup: chicken tortilla quiche lorraine, roasted potatoes snap peas, strawberries & bananas	bread pudding apple juice, iced tea, milk
DINNER	baby back ribs or polish sausage potato salad, normany vegetables mix tossed salad, baked beans	lemon pound cake iced tea, milk

Saturday

BREAKFAST	chilled applesauce, cream of wheat pancakes, scrambled egg, bacon bran flakes, breakfast ham	white or wheat toast grape juice, milk, coffee
LUNCH	soup: cabbage chicken tetrazzini, santa fe vegetable mix fruit cocktail geletin	candy bar cake iced tea, milk, cranberry juice
DINNER	steak fingers or shrimp salad sassy potatoes, bermuda blend waldorf salad, dinner roll	buttermilk pie Iced tea, milk

Sunday

BREAKFAST	chilled peaches, cinnamon oatmeal breakfast casserole, bacon, cinnamon roll rice crispy cereal	white or wheat toast apple juice, milk, coffee
LUNCH	beef pot roast or sliced pork loin sliced potatoes, dilled baby carrots house salad, dinner roll, italian green beans	coconut cream pie iced tea, milk, grape juice
DINNER	soup: chicken dumpling tuna salad sandwich or ham & cheese sandwich chilled fruit salad, potato chips	assorted desserts Iced tea, milk