

Week 3 Sample Menu

BREAKFAST

Orange Juice

Oatmeal
or
Assorted Cold Cereal

Poached Egg
&
Peanut Butter
with
Oatmeal Apple Muffin

LUNCH

Cream of Mushroom Soup

Turkey Cranberry Pie
Winter Mix Salad
OR
Cheese Cannelloni
Green Beans

Butterscotch Ice cream
OR
Peaches

DINNER

Tomato Juice

Pork Chops, Sauerkraut
Herbed Mashed Potatoes
OR
Beef Vegetable Stew
Paprika Potato

Chocolate Mousse
OR
Fresh Fruit