

SAMPLE OF THANDI'S WEEKLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast						
Oatmeal w/Fruit Fried Eggs Toast Assorted Juices Coffee/Tea	Waffles w/Syrup Scrambled Eggs Assorted Juices Coffee/Tea	Cold Cereal w/Fruit Toast w/Jelly Assorted Juices Coffee/Tea	English Muffin/Bagel Turkey Sausage Cream Cheese Assorted Juices Coffee/Tea	Biscuits w/Sausage gravy, Apple Sauce Assorted Juices Coffee Tea	Pancakes w/Syrup Scrambled Eggs & Ham Assorted Juices Coffee/Tea	Ham & Egg & Cheese Breakfast Sandwich w/Fruit Assorted Juices Coffee/Tea
Lunch						
Spaghetti w/ Meatsauce Zucchini Mixed Salad Ice Cream Juice Coffee/Tea	Lasagna Garlic Bread Mixed veggies Pudding Juice Coffee/Tea	Roast Chicken Baked Potato Peas Mixed Salad Cake or Pie Juice Coffee/Tea	Pulled Pork Potato Salad Baked Beans Cookies Juice Coffee/Tea	Pot Roast Roasted Potatoes Green Beans Ice Cream Juice Coffee/Tea	Hamburger w/ Cheese Macaroni Salad Pickle Pudding Juice Coffee/Tea	Fish w/Seasoned Rice Mixed Salad Squash Cake or Pie Juice Coffee/Tea
Dinner						
Soup of the Day Fish Filet Sandwich Cole Slaw Juice Coffee/Tea	BLT Wrap Chips Fresh Fruit Juice Coffee/Tea	Chicken Tacos Rice & Beans Sour cream/Guac Juice Coffee/Tea	Soup of the Day w/ Tuna Salad Crackers Fresh Fruit Juice Coffee/Tea	Grilled Cheese Sandwich w/ tomatoes and pickles Pineapple Juice Coffee/Tea	Deli sandwich w/ assorted cold cuts Mixed Salad Juice Coffee/Tea	Ravioli Steamed Broccoli Mixed Salad Juice Coffee/Tea
Snacks						
Yogurt	Cookie	Apple/Fruit	Apple Sauce	Chips	Muffin	Cheese