

COURTYARD GARDENS

	BREAKFAST	LUNCH	DINNER
S U N D A Y	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Chef's Choice of Soup Crab Salad on Croissant Garden Salad ALT: Vegetable Quesadilla Sour Cream & Salsa Salad Fresh Raspberries	Spanakopita with Tzatziki Sauce Roast Pork au Jus Mini Roasted Red Potatoes Baked Squash French Green Beans ALT: Sole Parisienne w/Tartar Sauce Apple Pie
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
M O N D A Y	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Chicken Vegetable Turkey Gouda & Onion Sandwich Cucumber Dill Salad ALT: Fresh Fruit Plate Cottage Cheese Scone Lemon Cream Cake	Garlic Cheese Bread Salisbury Steak w/ Mushroom Gravy Scalloped Potatoes Sautéed Bok Choy Diced Carrots ALT: Baked Ham w/ Pineapple Salsa Peach & Cornmeal Upside-down Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
T U E S D A Y	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Tomato Soup French Dip Sandwich Tomato Slices ALT: Mac & Cheese w/ Garlic Bread Rice Pudding	Tossed Salad Shrimp & Vegetable Stir Fry Steamed Rice Corn Beet & Pea Medley ALT: Butter Chicken w/ Naan Bread Toffee Pudding Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
W E D N E S D A Y	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Beef Noodle Soup Chicken Salad Sandwich on Whole Wheat Greek Salad ALT: French Toast & Fruit Salad Raspberry Smoothie	Carrot Pineapple Raisin Salad Shepard's Pie Mashed Potatoes Brussel Sprouts Ratatouille ALT: Rosemary Roast Lamb Assorted Desserts
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
T H U R S D A Y	Juices Stewed Prunes Hot & Cold Cereals Sausage Eggs Toast / Assorted Jams	Cream of Broccoli Soup Chef's Special ALT: Crispy Chicken Salad Rhubarb Fool	Mini Spring Rolls w/ Plum Sauce Lemon Thyme Roasted Chicken Leg & Gravy Parslied Boiled Potatoes Diced Carrots Broccoli ALT: Steel Head with Tomato Olive Relish Carrot Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
F R I D A Y	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Chicken Rice Soup Tuna Melt on English Muffin Garden Salad ALT: Perogies w/ Bacon & Sour Cream Tropical Fruit Salad	Spinach Salad Turkey Schnitzel Gravy Home fried Potatoes Sugar Snap Peas Yellow Beets ALT: Chef's Special Pumpkin Pie
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
S A T U R D A Y	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Veggie Florentine Egg Salad on Multigrain Tossed Salad ALT: Quiche Lorraine Vanilla Swirl Cake	Shrimp w/ Cocktail Sauce Pork Tenderloin Hungarian Style Mashed Potatoes Zucchini Buttered Corn ALT: Swiss Steak with Smoked Tomato Ragout Strawberry Shortcake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request