

Regency Park Menus Week 3 (4-12-06)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>BREAKFAST</u>						
Juices & Fruits varieties Hot / Cold Cereals Assorted Breads Scrambled Eggs Scrapple Margarine / Jelly Milk Assorted Hot Beverages	Juices & Fruits Hot / Cold Cereals Assorted Breads Sausage Gravy & Biscuit Margarine / Jelly Milk Assorted Hot Beverages	Juices & Fruits Hot / Cold Cereals Assorted Breads Pancakes / Syrup Sausage links Margarine / Jelly Milk Assorted Hot Beverages	Juices & Fruits Hot / Cold Cereals Assorted Breads Bacon & Egg on English Muffin Margarine / Jelly Milk Assorted Hot Beverages	Juices & Fruits Hot / Cold Cereals Assorted Breads French Toast /Syrup Ham Slice Margarine / Jelly Milk Assorted Hot Beverages	Juices & Fruits Hot / Cold Cereals Assorted Breads Scrambled Eggs Hash Browns & Bacon Margarine / Jelly Milk Assorted Hot Beverages	Juices & Fruits Hot / Cold Cereals Assorted Breads Cream Chip Beef on Toast Margarine / Jelly Milk Assorted Beverages

<u>LUNCHEON</u>						
Beef Wellington Roasted potatoes Carrots Dinner Roll / Margarine Cherry Cobbler Milk Assorted Beverages	Lasagna Tossed Salad / Dressing Garlic Bread Fresh Fruit Cup Milk Assorted Beverages	Baked Flounder Scallop Potatoes Spinach Dinner Roll / Marg Cheesecake Milk Assorted Beverages	Chicken Cordon Bleu Buttered Rice Asparagus Dinner Roll / Marg Ice Cream Sundae Milk Assorted Beverages	Pork Chop Lima Beans Sauerkraut Dinner Roll / Marg Fruited Jello Milk Assorted Beverages	Salmon w/ Dill Wild Rice Vegetable medley Dinner Roll / Marg Chocolate Chip Cookie Milk Assorted Beverages	Country Fried Steak Mashed potato Corn Dinner Roll / Marg Bread Pudding Assort Beverage

<u>SUPPER</u>						
Grill Ham & Cheese Sandwich NE Clam Chowder Assort Crackers Orange Sherbet Milk Assorted Beverages	Chicken Pot Pie Bread / Marg Minestrone Soup Assort Crackers Chocolate Cupcakes Milk Assorted Beverages	Sloppy Joe on Bun Tator Tots Vegetable Soup Assort Crackers Pineapple Slices Milk Assorted Beverages	Turkey/ Provolone on Croissant Corn Chowder/Crax Mix Fruit Cup Oatmeal Raisin Cookie Milk Assorted Beverages	Beef Stew Bread / margarine Tossed Salad / Dressing Strawberry Shortcake Milk Assorted Beverages	Tuna Salad Sandwich Potato Chips Tomato Soup Assort Crackers Bake Apples Milk Assorted Beverages	Cheeseburger on Bun Macaroni Salad Tomato Slices Chilled Peaches Milk Assort Beverages

Portions for meats should be about 2oz (cooked) each and 1/2c vegetable, 1/2c fruit and 1/2c potato, rice or pasta for each of these portions.

Milk should be offered each meal. Soup portions should be about 6oz each.