

Eastern Star Masonic Home

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B r e a k f a s t	Poached Egg Hard Cooked Egg Oatmeal Choice of Cold Cereal Choice of Toast Apple Turnover Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa	Hard Cooked Egg Fried Egg Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa	Pancakes Bacon Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa	Hard Cooked Egg Scrambled Eggs Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa	French Toast Sausage Link Choice Of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa	Fried Egg Hard Cooked Egg Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa	Sausage Biscuit & Gravy Hard Cooked Egg Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa
L u n c h	Maple BBQ Pork Loin Salisbury Steak w/ Gravy Parsley Potatoes Dinner Roll Green Beans Baby Carrots Pasta Salad Tossed Salad Fruit of Forest Pie Milk, Coffee, Tea, Hot Cocoa	Chicken Tenders Goulash & Garlic Bread Baked Potato Choice of Bread w/ Margarine Nantucket Blend Broccoli Raisin Salad Toss Salad/Dressing Lemon Meringue Pie Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Taco Salad Sliced Turkey Scalloped Potatoes Choice of Bread w/ Margarine Glazed Sliced Carrots 5 Cup Salad Spinach Salad Chocolate Ice Cream Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Salmon Loaf Beef Tips w/ Gravy Buttered Noodles Choice of Bread w/ Margarine Diced Beets Creamed Potato & Peas Peaches Tossed Salad Butterfinger Cake Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Monterey Chicken Sliced Pork Roast Garden Rice Mashed Potatoes & Gravy Choice of Bread w/ Margarine Sunshine Carrots Italian Blend Pears w/ Cottage Cheese Tossed Salad Ice Cream Sandwich Milk, Coffee, Tea, Hot Cocoa	Cheddar Crusted Pollock BBQ Ribs Tri Tators Choice of Bread w/Margarine Lima Beans Green Beans Acini De Pepe Salad Tossed Salad Boston Cream Poke Cake Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Sliced Roast Beef Pasta Bake Mashed Potatoes & Gravy Choice of Bread w/ Margarine Country Trio Vegetables Carrot Raisin Salad Tossed Salad Brownie Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa
D i n e r	Vegetable Chicken Stew Ham & Potato Bake Broccoli Mixed Vegetables Apricots Tossed Salad Banana Pudding Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Turkey & Noodle Soup Philly Cheesesteak Sandwich Ham Salad Sugar Snap Peas Pineapple Tidbits Cottage Cheese Macadamia Nut Cookie Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Cream of Broccoli Soup Baked Chicken Drumstick Beef Salad Scalloped Corn Capri Vegetables Applesauce Cottage Cheese Oatmeal Raisin Cookie Milk, Coffee, Tea, Hot Cocoa	Vegetable Soup Chicken Enchilada Casserole Beef Salad Refried Beans Scandinavian Blend Fruit Cocktail Chocolate Chip Ice Cream Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Tomato Basil Soup Tuna Noodle Casserole Egg Salad Broccoli w/ Cheese Mandarin Oranges Angel Food Cake w/ Berries Cottage Cheese Milk, Coffee, Tea, Hot Cocoa	French Onion Soup Boneless Chicken Wings Tuna Salad Key West Vegetables Peaches Banana Split Ice Cream Cottage Cheese Milk, Coffee, Tea, Hot Cocoa	Beef Stew/Biscuit Smoked Sausage Sauerkraut Normandy Vegetables Pears Snickerdoodle Cookie Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa