

Eastern Star Masonic Home

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B r e a k f a s t	Scrambled Eggs 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 Sausage Biscuit/Gravy Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa Oatmeal	Pancakes Bacon Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa Cream of Wheat	Hard Cooked Egg Breakfast Boat Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa Oatmeal	French Toast Sausage Link Choice Of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa Oatmeal	Ham Egg Cheese Biscuit Hard Cooked Egg Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa Oatmeal	Scrambled Eggs Hard Cooked Egg Choice of Cold Cereal Choice of Toast Variety of Juices Apple/Banana/Orange/Prunes Milk, Coffee, Tea, Hot Cocoa Oatmeal
L u n c h	Brasied Steak w/ Mush Gravy Baked Ham Mashed Potatoes & Gravy Dinner Roll Roasted Carrots with Feta Broccoli Strawberry Spinach Salad Lemon Krunch Pie Milk, Coffee, Tea, Hot Cocoa	Orange Chicken over Rice Seasoned Pork Roast Mashed Potatoes & Gravy Choice of Bread w/ Marg Nantucket Blend Peaches Tossed Salad w/ Dressing Apple Pear Crisp Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Shrimp Applewood Smoked Bacon Ribs Mashed Potatoes & Gravy Choice of Bread w/ Margarine Creamed Peas Tossed Salad/Dressing Mandarin Oranges Banana Cream Pie Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Chicken Cordon Bleu Roast Beef Mashed Potatoes & Gravy Choice of Bread w/ Marg Glazed Sliced Carrots Tropical Fruit Delight Toss Salad w/ Dressing Red Velvet Dessert Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Roast Turkey Lasagna Garlic Bread Mashed Potatoes & Gravy Italain Blend Vegetables Pears w/ Cottage Cheese Broccoli Ranch Salad Oreo Fluff Milk, Coffee, Tea, Hot Cocoa	Hushpuppy Filets Chicken Tot Pie Mashed Potatoes/Gravy Choice of Bread & Marg Buttered Corn Cantaloupe Toss Salad w/ Dressing Cream Puffs Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Roast Beef Baked Penne with Sausage Mashed Potatoes & Gravy Choice of Bread w/ Marg French Green Beans Pineapple Ring Toss Salad w/ Dressing Twix Ice Cream Bar Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa
D i n n e r	Corn Chowder Italian Grinder Sandwich Green Beans Chicken Salad Apricots Banana Pudding Sugar Free Pudding Milk, Coffee, Tea, Hot Cocoa	Ham & Bean Soup /Cornbread Pepperoni Mac & Cheese Egg Salad Sugar Snap Peas Blueberries Cottage Cheese Macadamia Nut Cookie Milk, Coffee, Tea, Hot Cocoa	Cream of Broccoli Soup Baked Chicken Drumstick Ham Salad Scalloped Corn Capri Vegetables Applesauce Mint Fluff Milk, Coffee, Tea, Hot Cocoa	Vegetable Soup Tuna Noodle Casserole Beef Salad Scandinavian Blend Fruit Cocktail Coleslaw Cookie Dough Ice Cream Milk, Coffee, Tea, Hot Cocoa	Chicken & Wild Rice Soup Hot Dog on Bun Ham Salad Broccoli Normandy 5-Cup Angel Food Cake w/ Berries Cottage Cheese Milk, Coffee, Tea, Hot Cocoa	Tomato Basil Soup Bacon & Cheddar Quiche Tuna Salad Key West Vegetables Pasta Salad Boston Cream Pie Cottage Cheese Milk, Coffee, Tea, Hot Cocoa	Cauliflower Cheese Soup Pulled Pork Cornbread Casserole Peas Ham Salad Pears Snickerdoodle Cookie Cottage Cheese Milk, Coffee, Tea, Hot Cocoa