

SAMPLE MENU

MEAL	8/3/2014 SUNDAY	8/4/2014 MONDAY	8/5/2014 TUESDAY	8/6/2014 WEDNESDAY	8/7/2014 THURSDAY	8/8/2014 FRIDAY	8/9/2014 SATURDAY
EAKFA	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice
	Grits/Oatmeal/Cereal	Grits/Oatmeal/Cereal	Grits/Oatmeal/Cereal	Grits/Oatmeal/Cereal	Grits/Oatmeal/Cereal	Grits/Oatmeal/Cereal	Grits/Oatmeal/Cereal
	Egg/Bacon	Egg/Bacon	Egg/Bacon	Egg/Bacon	Egg/Bacon	Egg/Bacon	Egg/Bacon
	Toast/Biscuit	Toast/Biscuit	Toast/Biscuit	Toast/Biscuit	Toast/Biscuit	Toast/Biscuit	Toast/Biscuit
	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea
LUNCH	BBQ Chicken	Meatloaf	Baked Tilapia	Veggie Plate Day	Chicken Parmesan	Fried Fish or	Chicken Tetrazzini
	Baked Sweet Potato	Mashed Potatoes	Yellow Rice	Broccoli Casserole	Tossed Salad	Chicken Tenders	Steamed Zucchini
	Turnip Greens	Cabbage	Broccoli	Field Peas	w/ Dressing	French Fries	Beets w/vinegar & sugar
	Cornbread	Dinner Roll	Garlic Cheddar Biscuits	Sliced Tomato & Onion	Garlic Bread	Coleslaw	Garlic Bread
				Fried Okra		HushPuppies	
	Frosted Cake	Peach Crisp	Cherry Cheesecake	Sweet Potato Pie	Pound Cake	Apple Cobbler	Keylime Pie
	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice
	DINNER	Turkey Sandwich on a Roll	Scrambled Eggs	Chicken	Baked Ham	Creamy Chicken Soup	Hungarian Pork Chops
Pickle Spears		Waffel w/ Fruit Topping	w/Sweet & Sour Sauce	Potato Salad	Steamed Rice		Sandwich
Chips		Bacon	Stir Fry Vegetables	Green Beans	Carrots		w/ fixings
				Egg Roll	Dinner Roll	Roll	Onion Rings
Ice Cream		Cinnamon Roll	Fruit Cobbler	Pineapple Casserole	Pistachio Salad	Chocolate Parfait	Apple Pie a-la-mode
				Dessert			
Beverage of Choice		Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice	Beverage of Choice
TERNAT		Sandwichs: Egg, Peanut Butter & Jelly, Pimento Cheese, Hamburger/Cheeseburger w/fixins Soups: Chicken Noodle, Chicken and Rice, Tomato (heart healthy),					

NORTH RIVER VILLAGE

