Sample Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 8:15	Oatmeal, Toasted bagels, Cheese, Fruit, Yogurt	Scrambled Eggs, Sausage, Toast, Fruit, Yogurt	Fried Eggs, Toast, Fruit, Yogurt	French Toast, Peameal Bacon, Maple Syrup, Fruit, Yogurt	Oatmeal, Toasted Bagels, Cheese, Fruit, Yogurt	Fried eggs, Bacon, Toast, Fruit, Yogurt	Pancakes, Sausage, Maple Syrup, Fruit, Yogurt
Mid-Morning	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch 12:00	Egg or tuna salad wrap/sandwich or Lentil Soup or Side of Choice	Caesar Salad & Bacon-wrapped Pierogis with Fried Onions & Sour Cream	Turkey or Ham & Cheese Sandwich and Cauliflower or Broccoli Soup	Greek Chicken Salad with Warm Pita	Bacon & Cheddar Quiche, Salad of Choice	Thundercrunch Chicken Caesar Wrap and Corn Chowder	Assorted Cold Cut Sandwiches and Vegetable Soup
Snack 14:00	Banana Bread	Peanut Butter Cookies	Corn Chips, Salsa	Butter Tarts	Fruit Platter	Chocolate Chip Cookies	Cheesecake Tarts
Dinner 17:00	Meatloaf with gravy, mashed potatoes, steamed vegetables	Pizza, Veggies and Dip	Beef or Turkey Burgers and Oven Fries or Tossed Salad	Roasted Pork Loin, Rice, and Steamed Vegetables	Chicken Drums and Thighs (Roasted, Butter or Jerk), Roasted Potatoes, and Steamed Vegetables	Sweet and Sour Pork or Souvlaki And Tossed Salad with Rice or Rice Noodles	Roast Beef with Gravy, Mashed Potatoes, Steamed Vegetables
Snack	Veggies and Dip	Fruit Platter	Cheese and Crackers	Veggies And Dip	Muffins AA Meeting	Fruit Platter	Fruit Platter