



# The Meadows Weekly Menu

DECEMBER 4-10



Weekday	Breakfast	Lunch	Dinner
Sunday (Dec. 4th)	Scrambled Eggs, Bacon or Sausage, Toast or Biscuit, Oatmeal, Juice or Milk	BBQ Chicken, Potato Salad, Baked Beans, Cake	BLT Sandwich, Sweet Potato Fries, Fruit, Cookie
Monday (Dec. 5th)	Scrambled Eggs, Bacon or Sausage, Toast or Biscuit, Oatmeal, Juice or Milk	Sausage & Pepper Pasta, Collard Greens, Salad, Roll, Jello	Egg Salad Sandwich, Lettuce/Tomato Plate, Pickle Spear, Chilled Peaches, Brownie
Tuesday (Dec. 6th)	Scrambled Eggs, Bacon or Sausage, Toast or Biscuit, Oatmeal, Juice or Milk	Pot Roast, Potatoes/Onions/Carrots, Pears, Breadstick, Birthday Cake	Grilled Cheese, Tomato Soup, Crackers, Fruit
Wednesday (Dec. 7th)	Scrambled Eggs, Bacon or Sausage, Toast or Biscuit, Oatmeal, Juice or Milk	Baked chicken, Macaroni & Cheese, Green Beans, Roll, Strawberry Cake	Navy Bean Soup, Cornbread, Salad, Cookie
Thursday (Dec. 8th)	Scrambled Eggs, Bacon or Sausage, Toast or Biscuit, Oatmeal, Juice or Milk	Beef Stir Fry, Egg Roll, Rice, Homemade Doughnut Drops	Taco Salad, Tortilla Chips w/ Cheese Dip, Refried Beans, Fruit Salad
Friday (Dec. 9th)	Scrambled Eggs, Bacon or Sausage, Toast or Biscuit, Oatmeal, Juice or Milk	Baked Lemon Fish, Cauliflower, Carrots, Chocolate Pie	Chicken Caesar Wrap, French Fries, Ice Cream
Saturday (Dec. 10th)	Scrambled Eggs, Bacon or Sausage, Toast or Biscuit, Oatmeal, Juice or Milk	Chicken Spaghetti, Salad, Sweet Peas, French Bread, Lemon Pie	Potato Soup, Crackers, Carrot Raisin Salad, Banana Nut Bread

Soup and Salad or a Sandwich and Side Salad or Chips is available as a substitution at lunch or dinner. Oatmeal or Cold Cereal are available as alternate selections in the morning. Please notify the kitchen 2 hours in advance of your meal if you would like a substitute. Thank you!

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.

