

SAMPLE WEEKLY MENU

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Papaya	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
	Ftd. Oatmeal	Ftd. Cream of Wheat	Ftd. Oatmeal	Ftd. Cr. Of Wheat	Ftd. Oatmeal	Ftd. Cr. Of Wheat	Ftd. Oatmeal
	Corned Beef Hash	Hashbrowns	Enr. Pancake	Biscuit	Enr. White Bread	Enr. Waffle	Raisin Bread
	WW Bread	Sausage Patty	Syrup	Creamy Sausage	Scrambled Egg	Syrup	Peanut Butter
	Jelly	Skim Milk	Coffee/Hot Tea	Coffee/ Hot Tea	Coffee/ Hot Tea	Coffee/Tea	Coffee/Hot Tea
	Skim milk	Coffee/Hot Tea	Water	Water	Water	Water	Water
	Coffee/Hot Tea						
Lunch	Roast Chicken/Gravy	Cr. Of Potato Soup	Spaghetti with	Kobacha Pumpkin Soup	Pork Laulau	Sloppy Joe	Egg Drop Soup
	Mashed Potatoes	Chicken Salad	Meat Sauce	Egg Salad	Sweet Potatoes	Broccoli Spears	Tuna Salad
	Broccoli Normandy	WW Bread	Enriched Pasta	on WW Bread	Brown Rice	Brown Rice	on WW Bread
	Barley Salad	Lett/Tom. Slices	Green Beans	Cottage Cheese -	Lomi Lomi Salmon	Potato Salad	Lett/Tom. Slices
	Fruit Cocktail	Watermelon	Apricots Halves	Lemon Jello Salad	Fresh Pineapple	Asst. Jello Mold	Prunes/Peaches
	Skim Milk	Skim Milk	Skim Milk	Banana	Skim Milk	Skim Milk	Skim milk
	Iced Tea/Water	Iced Tea/Water	Iced Tea/Water	Skim Milk	Iced Tea/ Water	Iced Tea/ Water	Iced tea/Water
Dinner	Beef Tomato w/ Bell Pepper/Onions	Breaded Fish/Tartar Sc.	Chicken/Papaya Marungay Leaves	Ginger Fish Spinach	Pork Hash/Oyster Sc	Chicken Chap Chae w/ Vegetables	Char Siu Bao Saimin with
	Enr. White Rice	Enr. White Rice	Enr. Rice	Brown Rice	Enriched White Rice	Enriched Rice	Fish Cake &
	Tossed Grns/Drsg.	Shoestring Beets/Mayo	Deviled Eggs	Kidney Beans Salad	Green Peas Salad	Pickled Beets	Vegetables
	Orange Slices	Pears	Orange Slices	Mandarin Orange	Almond Float/Lychee	Orange Slices	Fruit Cocktail
	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
	Hot Tea/Waater	Hot Tea/Coffee	Hot Tea/Coffee	Hot Tea/Coffee	Hot Tea/Coffee	Hot Tea/Coffee	Hot Tea/Water