

~WEEK 1~

Athenaeum Winter Menu 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruit Juice Milk Scrambled Egg Pumpkin Pancake Sausage Banana	Fruit Juice Milk Boiled Egg Bagel with Cream Cheese Bacon Banana	Fruit Juice Milk Fried Egg Homefries Canadian Bacon Banana	Fruit Juice Milk Egg Benedict over English Muffin Sausage Banana	Fruit Juice Milk Fried Egg Waffle with Strawberries Bacon Banana	Fruit Juice Milk Cheesy Scrambled Egg Toast Canadian Bacon Banana	Fruit Juice Milk Fried Egg Beef Hash Banana
Baked Potato Soup Pork Loin with Homemade Cinnamon Apple Sauce	Pumpkin Soup Rueben Sandwich French Fries Black Forest Cake	Vegetable Soup Turkey and Provolone Cheese Sandwich Pears	Split Pea Soup Egg and Olive Sandwich Pumpkin Bread	Bean Soup Chicken Salad Sandwich Apple Cream Cheese Pie	Manhattan Clam Chowder Tuna Melt on Rye Peaches	Mushroom Soup Grilled Ham and Cheese on Pumpnickel Chocolate Dipped Macaroon
Homemade Pizza Tossed Salad Ice Cream	Spaghetti with Meatballs Green Bean Almondine Garlic Bread Ginger Cookie	Chicken Fricassee Potato A gratin Broccoli Tapioca Pudding	Macaroni and Cheese Peas and Carrots Pecan Pie	Beef Pot Roast with Turnips Roasted Onions and Baby Carrots Ice Cream	Broiled Salmon with maple Beurre Blanc Wild Rice Pilaf Harvard Beets Banana Cream Pie	Shepherd's Pie Lima Beans Molasses Cookie

Lunch and Supper Meals include 4 oz Milk

Reviewed by Linda L. Bettis RD 10/09/14