



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>BREAKFAST</b> 1 Hot/Cold Cereal, Eggs Any Style, Toast Fresh Fruit, Prunes <b>LUNCH</b> Fresh Spinach Soup Sliced Ginger Beef , Stir Fry Noodles Strawberry Ice Cream <b>DINNER</b> Squash Soup Baked Quiche, Greens with Fruit Dinner Roll Apple Egg Roll	<b>BREAKFAST</b> 2 Hot & Cold Cereal, Bagel, Beef Sausage Boiled Eggs, Fresh Fruit, Prunes <b>LUNCH</b> Corn & Tomato Soup Roast Chicken, Panzanella Salad Seasonal Fruit <b>DINNER</b> Root Creme Soup Beef Sliced, Squash & Peppers Fresh Bread Cantaloupe Ice	<b>BREAKFAST</b> 3 Hot or Cold Cereal , Breakfast Muffins, Scrambled Eggs with Onions and Peppers, Toast, Fresh Fruit <b>LUNCH</b> Vegetable Soup, Roast Turkey Breast, Flan with Berries <b>DINNER</b> Squash Soup, Italian Sausage , Fattoush Bread Salad Seasonal Fruit	<b>BREAKFAST</b> 4 Hot or Cold Cereal , Yogurt Parfait , Omelettes Toast, with Fresh Fruit <b>LUNCH</b> Clam Chowder, Baked Fish , Pineapple Salsa, Scallion Rice Sorbet <b>DINNER</b> Tomato Soup, Gourmet Grilled Spinach & Cheese Sandwich Cucumber-Tomato Salad with Herbs Berries with Cream	<b>BREAKFAST</b> 5 Turkey Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Cottage Cheese <b>LUNCH</b> Vegetable Soup, Sliced Beef, French Green Bean Salad Fresh Bread, Apple Plum Crisp <b>DINNER</b> Sesame Cabbage Soup Stuffed Tomato, Brown Rice Salad Seasonal Fruit
<b>BREAKFAST</b> 6 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prune Yogurt Lunch Onion Soup, Grilled Chicken, Roasted Sweet Potato Chickpea Salad Seasonal Fruit <b>DINNER</b> Fresh Corn Soup Arugula Skirt Steak Salad Peach Ice Cream	<b>BREAKFAST</b> 7 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes, Cottage Cheese <b>Vegetable Soup</b> Broccoli Soup Roasted Turkey, Brussell Sprout Salad, Dinner Roll Bananas & Creme <b>DINNER</b> Tomato Soup, Slow Roasted Turkey Breast Bean Salad, Ice Cream	<b>BREAKFAST</b> 8 French Toast, Eggs Any Style, Hot & Cold Cereal, Eggs any Style, Fruit <b>LUNCH</b> Vegetable Soup, Philly Cheese-steak Sandwich, Potato Wedges, Green Beans Flan <b>DINNER</b> Bean Soup Gourmet Spinach Grilled Cheese, Summer Greens Orange Berry Salad	<b>BREAKFAST</b> 9 Eggs Any Style, Toast, Turkey Sausage Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Roasted Vegetable Soup Balsamic Grilled Steak, Greek Pita Salad Sherbet <b>DINNER</b> Green Soup Olive Oil Poached Cod Salad Pita Bread Cookies	<b>BREAKFAST</b> 10 Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit <b>LUNCH</b> Noodle Soup, Pineapple, Pepper Chicken Rice, Green Salad, Fruit Cake <b>DINNER</b> Potato Soup Baked Spaghetti with Cheese Zucchini with Onions & Peppers Berries	<b>BREAKFAST</b> 11 Cream of Wheat, Pancakes Eggs Any Style, Meat, and Fruit <b>LUNCH</b> Brown Rice Soup, Gourmet Beef Burger Fries, Sliced Lettuce, Pickles, Cheese, Vanilla Ice Cream <b>DINNER</b> Onion Soup, Fish Plate w/ Vegetables & Pesto Rice Iced Brownie	<b>BREAKFAST</b> 12 Toast, Scrambled Eggs, Hot & Cold Cereal, Fresh Fruit, Prune Applesauce <b>LUNCH</b> White Bean soup Macaroni Alfredo Green Beans, Sliced Cucumbers Red Onion, Peach Pie <b>DINNER</b> Vegetable Noodle Soup , Turkey Sa Frittata, Green Salad , Toasted English Muffins, Sherbet Ice Cream
<b>BREAKFAST</b> 13 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Vegetable Soup, Sliced Roasted Beef , Potato Salad, Sliced Cucumber Salad, Fruit <b>DINNER</b> Vegetable Soup, Baked Whole Chicken Cous Cous Summer Salad Peaches & Cream	<b>BREAKFAST</b> 14 Pancakes, Eggs Any Style, Beef Sausage Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Clam Chowder Soup, Teriyaki Salmon Rice Bowl, Pear Crisp with Spiced Cream <b>DINNER</b> Vegetable Soup, Teriyaki Salmon Rice & Vegetable Bowl, Pear Crisp w Spiced Cream	<b>BREAKFAST</b> 15 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Beef Noodle Soup, Chili loaded Baked Potato Green Salad, Rice Pudding <b>DINNER</b> Lima Bean Soup Crispy Chicken Salad with Buttermilk Ranch Dressing, Garlic Bread Ice Cream Sundaes	<b>BREAKFAST</b> 16 Eggs Any Style, Toast, Beef Sausage Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> French Onion Soup, Oven Fried Chicken, Butternut squash, Spinach Salad Sherbet <b>DINNER</b> Tomato Soup, Turkey Cheese on Rye Chips Fruit Slice Sliced Cake	<b>BREAKFAST</b> 17 Coffee Cake Muffin, Home-Style Potatoes with Peppers, Eggs Scrambled, Fruit <b>LUNCH</b> Split Pea Vegetable, Greek Salad with Beef Kabobs, Baked Tomato, Jello with fruit <b>DINNER</b> White Bean Vegetable, Rolled Lasagna with Meat Sauce, Green Beans Garlic Bread, Berry Pudding	<b>BREAKFAST</b> 18 Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit <b>LUNCH</b> Clam Chowder, Lemon Stuffed Fish, Broccoli & Red Potato's, Chocolate Ice Cream Sundae <b>DINNER</b> Cabbage Vegetable Soup, Turkey Lula, Dill Rice, Cucumber Dill Dip, Fruit Honey Yogurt	<b>BREAKFAST</b> 19 Hot & Cold Cereal, Poached Eggs, Toast Fresh Fruit, Prunes <b>LUNCH</b> Vegetable Soup, Beef Peppers, Rice & Vegetables, Lemon Ice Box Pie <b>DINNER</b> Pinto Bean Soup Herb Baked Chicken, Sweet Potato Mashed, Collard Greens, Corn Bread Muffins Watermelon Slice
	Flag Day (US)					Juneteenth
<b>BREAKFAST</b> 20 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <b>Father's Day Summer BBQ Lunch</b> <b>DINNER</b> Beef Vegetable Noodle Soup, Sliced Beef with Gravy,, Brown Rice Pilaf, Spinach Banana Cake w. Frosting  Father's Day Summer Begins	<b>BREAKFAST</b> 21 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Garden Soup, Corned Beef, Rye Bread, Macaroni Salad, Jello with Cream <b>DINNER</b> Vegetable Barley Soup, Roasted Turkey, Diced Potato Hash, Green Salad, Chocolate Pudding	<b>BREAKFAST</b> 22 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Tomato & White Bean Soup, Beef Meat Loaf , Baked Sweet Potato & Squash, Ice Cream <b>DINNER</b> Squash Soup Baked Quiche, Greens with Fruit Dinner Roll Apple Egg Roll	<b>BREAKFAST</b> 23 Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Barley Squash Soup, Baked Tilapia, Egg Noodles, Vegetables , Apple Turnover <b>DINNER</b> Root Vegetable Soup, Pesto Pasta Salad with Sliced Chicken Lemon Cake	<b>BREAKFAST</b> 24 Breakfast Muffins, Hash Browns with Onions and Peppers, Eggs, Fruit <b>LUNCH</b> Potato Cheese Soup, Turkey Lula , Pita Rice w/ Parsley, Lentils, Fruit w/ Jello <b>DINNER</b> Country Vegetable, Spaghetti & Meat Balls Salad, Garlic Bread, Chocolate Cake	<b>BREAKFAST</b> 25 Cream of Wheat, Eggs Any Style, Meat, English Muffins and Fruit <b>LUNCH</b> Fresh Vegetable Soup, Beef, Jasmine Rice Salad Peach Crisp <b>DINNER</b> Tomato Soup, Gourmet Grilled double Cheese, Garden Carrot Salad Sliced Fruit	<b>BREAKFAST</b> 26 Passover Breakfast Special <b>LUNCH</b> Chicken Noodle Soup, Turkey Sandwich, Chips, Orange Slices, Cookie <b>DINNER</b> Egg Drop Soup, Grilled Chicken Teriyaki Bowl, Fruit & Plain Yogurt Honey
<b>BREAKFAST</b> 27 Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Split Pea Soup, Sliced Beef, Baked Sweet Potato Hash , Vanilla Mousse <b>DINNER</b> Vegetable Soup, Brown Sugar Bar B Que Meatloaf, Yams, Vegetables, Apple Salad	<b>BREAKFAST</b> 28 Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes, Cottage Cheese <b>LUNCH</b> Cabbage Soup, Fish Fillet Cous Cous, Baked Blueberry Apple Slices <b>DINNER</b> Vegetable Rice Soup, Warm Turkey Salad Banana Pudding	<b>BREAKFAST</b> 29 French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Lentil Soup, Oven Fried Fish Potato Salad, Bread, Fruit <b>DINNER</b> Chicken Soup, Macaroni & Cheese Casserole, Tomato Salad Apple Fruit Crisp	<b>BREAKFAST</b> 30 Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes <b>LUNCH</b> Tortilla Soup, Sliced Grilled Vegetables, Pan Seared Chicken Yellow Rice Watermelon Sorbet <b>DINNER</b> Root Vegetable Soup, Xiomara's Veggie Burger, Fries, Lettuce , Tomato, Onion Straw Berry Pudding			

Dining Hours | Breakfast from 8:00am to 9:30am | Lunch from 12:00pm to 1:30pm | Dinner from 5:00pm to 6:30pm  
 Menu Subject to Change

We prepare our menu with no added salts or sugars.  
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