

MERIDELL MENU WEEK 1

	BREAKFAST	LUNCH	DINNER
MON	Scrambled Eggs Bacon/Sausage Hot Cereal Biscuits	Sub Deli Sandwiches Chips Vegetable Beef soup Baked Potatoes	Stuffed Pasta Shells Marinara sauce Broccoli Rolls
TUES	Pancakes Sausage/Bacon Hot Cereal	Pot Roast/Brwn Gravy Italian Grn Beans Carrots/Potatoes Wheat Rolls Baked Potatoes Sandwiches	Baked Chicken Macaroni and cheese Green Beans Wheat rolls
WED	Breakfast Tacos w/Hashbrowns Bacon/Links Hot Cereal	Beef Fajitas Spanish rice Pinto beans Baked Potatoes Sandwiches	Chicken Fried Steak Mashed Potatoes Gravy Carrots White Rolls
THUR	Scrambled Eggs Bacon/Sausage Hot Cereal Biscuits	Chicken Stir Fry Rice Asparagus Sandwiches Egg rolls Baked Potatoes	Beef Stroganoff Egg Noodles Peas and Pearl onions Rolls
FRI	French Toast Sausage/Bacon Hot Cereal	Fish Square on Bun Coleslaw French Fries Baked Potatoes Sandwiches	Pizza Green Beans Minestrone soup
SAT	COLD BREAKFAST	Nachos & Tacos Spanish Rice Ranch Beans Tortillas Sandwiches	BBQ sandwiches Tater tots Cauliflower w/cheese Baked Potato
SUN	COLD BREAKFAST	Salisbury Steak Stuffing w/ Brwn Gravy Peas White Rolls Sandwiches	Chicken and Dumplings Broccoli Corn Wheat Rolls

MERIDELL MENU WEEK 2

	BREAKFAST	LUNCH	DINNER
MON	Scrambled Eggs Bacon/Sausage Hot Cereal Biscuits	Grilled Chicken Sandwich Baked Chips Mixed Vegetables Baked Potatoes Sandwiches	Steak Fingers Mash Potatoes/Gravy Peas Wheat Roll
TUE	Pancakes Sausage/Bacon Hot Cereal	BBQ Pork Riblets Garden Rice Baby carrots Sandwiches Baked Potatoes	Tortellini Alfredo Corn Itrl. Green Beans Wheat Rolls
WED	Breakfast Tacos w/Hashbrowns Bacon/Links Hot Cereal	Baked Fish White Rice Spinach Baked Potatoes White Rolls Sandwiches	Spaghetti w/ Meat Sauce Yellow Squash Carrots Breadsticks
THR	Scrambled Eggs Bacon/Sausage Hot Cereal Biscuits	Crispy Tacos & Flautas Spanish Rice Refried Beans Baked Potatoes Sandwiches	Beef Stew Corn Peas Cornbread
FRI	French Toast Sausage/Bacon Hot Cereal	Oven Fried Chicken Roasted Potatoes French Green Beans Baked Potatoes Biscuits Sandwiches	Chili Macaroni Carrots Broccoli Wheat Rolls
SAT	COLD BREAKFAST	Beef Tips/Mushrooms Rice Peas Wheat Rolls Sandwiches	Grilled Ham & Chz Tomato Soup Green Beans Curly Fries
SUN	COLD BREAKFAST	Baked Chicken Wild Rice Spinach Wheat Rolls Sandwiches	Hamburgers French Fries Carrots

MERIDELL MENU WEEK 3

	BREAKFAST	LUNCH	DINNER
MON	Scrambled Eggs Bacon/Sausage Oatmeal Biscuits	Beef Fajitas Ranch Beans Spanish Rice Carrots Baked Potatoes Sandwiches	Hamburgers Baked Chips Corn
TUES	Pancakes Sausage/Bacon Cream of Wheat	Philly Cheese Steak Sandwich Curly Fries Mixed Vegetables Baked Potatoes Hoagie Bun	Baked Manicotti Zucchini Breadsticks
WED	Breakfast Tacos w/Hashbrowns Bacon/Links Malt-O-Meal	Chicken Parmesean Broccoli Wild Rice Baked Potatoes Sandwiches Wheat Rolls	Turkey Tetrazini Broccoli Wheat Rolls
THR	Scrambled Eggs Bacon/Sausage Oatmeal Biscuits	Chicken Strips Mashed Potatoes Breaded Mushrooms Cauliflower w/Cheese Baked Potatoes Wheat Rolls Sandwiches	Spaghetti w/Meatballs Ifl. Green Beans Carrots Breadsticks
FRI	French Toast Sausage/Bacon Cream of Wheat	Meatloaf Augratin Patatoes Green peas Baked Potatoes Sandwiches	Pizza Fried Okra Peas
SAT	COLD BREAKFAST	Baked Ziti Zucchini Carrots Sandwiches	Corn Dogs Peas Fries
SUN	COLD BREAKFAST	Sausage Wrap Cauliflower/cheese Pinto Beans Tortillas	Catfish Hushpuppies Green Bean Casserole Carrots

MERIDELL MENU WEEK 4

	BREAKFAST	LUNCH	DINNER
MON	Scrambled Eggs Bacon/Sausage Hot Cereal Biscuits	Salisbury Steak Mashed Potatoes Green Peas Baked Potatoes Sandwiches	Grilled Chicken Breast Broccoli Wild Rice White Rolls
TUE	Pancakes Sausage Patty Hot Cereal	Lasagna Green Beans Corn Baked Potatoes Sandwiches Breadsticks	BBQ Brisket Baked Beans Coleslaw Bread
WED	Breakfast Tacos Hashbrowns Bacon/Links Hot Cereal	Chicken Fricassee Egg Noodles Carrots Baked Potatoes Sandwiches Wheat Rolls	Chicken fried Steak Mashed Potatoes Spinach White Rolls
THR	Scrambled Eggs Bacon Hot Cereal Biscuits	Beef Enchiladas Pinto Beans Spanish Rice Picante Sauce Baked Potatoes Sandwiches	Submarine Sandwiches Chips Chicken Noodle Soup
FRI	French Toast Bacon Sausage Patty Hot Cereal	Fried Chicken Mashed Potatoes Green Beans Sandwiches Baked Potatoes Wheat Rolls	Hamburgers Chili Dogs Fries Zucchini
SAT	COLD BREAKFAST	Cheese Ravioli Marinara Sauce Peas Wheat Rolls Sandwiches	Chicken Flauta & Crispy Tacos Spanish Rice Refried Beans Tortillas
SUN	COLD BREAKFAST	Sliced Ham Dressing w/ Gravy Green Beans Sweet Potatoes Wheat Rolls Sandwiches	Sloppy Joe Scalloped potatoes Baby Carrots