

Dec./Jan. Lakeside Park Dining Menu

Sun	entrée choices in bold	Mon	Tue	Wed	Thu	Fri	Sat
							WEEK 3
30	<p>Breakfast: Juice of the Day Pancakes w/ Syrup Sausage Patty Oatmeal</p> <p>Lunch: Roast Leg of Pork Baked Potato Sauteed Red Cabbage w/Carroway Broccoli Cheese Soup Cheesecake (for all)</p> <p>Dinner: Fresh Grilled Salmon or Hot Pork Sandwich Chinese Bok Choy Rice Beef Vegetable Soup Fresh Fruit Fresh Rolls</p>	31 <p>Breakfast: Juice of the Day Scrambled Eggs Bacon/Biscuit Cream of Wheat</p> <p>Lunch: Chef's Salad Plate w/ Ham Turkey & Cheddar Cheese Corn Muffin Tomato Bisque Soup Peach Pie (for all)</p> <p>Dinner: Breaded Chicken Breast or Steamed Pollock Baked Yam Sweet Peas Lentil Soup Fresh Rolls Angel Food Cake with Strawberry</p>	1 <p>Breakfast: Juice of the Day Hard Boiled Egg Cinnamon Raisin Toast Farina</p> <p>Lunch: Oven Fried Chicken Roasted Red Potatoes Steamed Cauliflower Vegetarian Noodle Soup Vanilla Pudding (for all)</p> <p>Dinner: Pasta Prima Vera or Chicken Salad Sandwich Squash & Carrot Medley Minestrone Soup Fresh Rolls Cream Pie (for all)</p>	2 <p>Breakfast: Juice of the Day Waffles w/ Syrup Sausage Links Ralston Cereal</p> <p>Lunch: Braised Short Ribs Steamed Rice Fresh Swiss Chard Chicken Broth Apple Crisp</p> <p>Dinner: BBQ Chicken or Hot Turkey Sandwich Oven Roasted Potato Wedges French Cut Green Beans Beef Noodle Soup Fresh Rolls Ice Cream (for all)</p>	3 <p>Breakfast: Juice of the Day Poached Egg/English Muffin Corned Beef Hash Grits</p> <p>Lunch: Grilled Turkey Melt Seasoned Corn w/ Peppers Split Pea Soup Tapioca Pudding</p> <p>Dinner: Tamale Pie or Tuna Nicoise Salad Plate Wax Beans Chicken Noodle Soup Fresh Rolls Apple Pie (for all)</p>	4 <p>Breakfast: Juice of the Day Cheese Omelet/Wheat Toast Hash Browns Oatmeal</p> <p>Lunch: Doe Rae Sole Brown Rice California Blend Vegetables Vegetable Soup Pineapple Fruit Cup (for all)</p> <p>Dinner: Philly Cheesesteak or Catfish Onion Rings Sauteed Corn Clam Chowder Fresh Rolls Bread Pudding w/ Hard Sauce</p>	5 <p>Breakfast: Juice of the Day French Toast w/ Maple Syrup Bacon Ralston Cereal</p> <p>Lunch: Lemon Chicken Polenta Sauteed Squash Cream of Celery Soup Pound Cake (for all)</p> <p>Dinner: Tuna Melt or Pepper Steak Mashed Potatoes Peas & Pearl Onions Butternut Squash Soup Fresh Rolls Custard Pie (for all)</p>
6	<p>Breakfast: Juice of the Day Pancakes w/ Syrup Sausage Patty Oatmeal</p> <p>Lunch: Roast Turkey w/ Gravy Cornbread Stuffing Green Beans Almondine NavyBean Soup Lemon Cake</p> <p>Dinner: Fish Sticks or Ham w/ Pineapple Glaze Yams Peas & Carrots Cream of Mushroom Soup Fresh Rolls Strawberry Shortcake</p>	7 <p>Breakfast: Juice of the Day Scrambled Eggs Bacon/Biscuit Cream of Wheat</p> <p>Lunch: Teriyaki Beef w/Peppers Jasmine Rice Sesame Broccoli Cream of Asparagus Soup Peach Mousse</p> <p>Dinner: Shepherd's Pie or Chicken Sausage on a Bun Potato Salad Green Beans Turkey Vegetable Soup Fresh Rolls Peach Pie</p>	8 <p>Breakfast: Juice of the Day Hard Boiled Egg Cinnamon Raisin Toast Farina</p> <p>Lunch: Dilled Shrimp Vegetable Salad Tomato Soup Crackers Blonde Brownies</p> <p>Dinner: Turkey Ala King or Sauteed Liver & Onions Rice Glazed Carrots Beef Broth Fresh Rolls Boston Cream Pie</p>	9 <p>Breakfast: Juice of the Day Waffles w/ Syrup Sausage Links Ralston Cereal</p> <p>Lunch: French Dip Sandwich w/ Au Jus Cup Lyonnaise Potatoes Southwest Black Bean Soup Banana Cake</p> <p>Dinner: Beef Pot Pie or Crab Melt Fresh Swiss Chard Chili Soup Fresh Rolls Tropical Fruit</p>	10 <p>Breakfast: Juice of the Day Poached Egg Corned Beef Hash English Muffin Grits</p> <p>Lunch: Open Faced Cheeseburger French Fries Lettuce & Tomato Tomato Basil Soup Ice Cream w/ Raspberry Sauce</p> <p>Dinner: Stuffed Pepper or Tarragon Chicken Breast Roasted Red Potatoes Rutabagas Chicken Rice Soup Fresh Rolls Chocolate Cake</p>	11 <p>Breakfast: Juice of the Day Cheese Omelet Hash Browns Wheat Toast Oatmeal</p> <p>Lunch: Baked Fish Saffron Rice Steamed Carrots Clam Chowder Rice Pudding</p> <p>Dinner: Lamb Stew or Grilled Cheese on White Bread Green Peas Corn Chips Turkey Noodle Soup Corn Bread Pineapple Upside Down Cake</p>	12 style="text-align: right;">WEEK 4 <p>Breakfast: Juice of the Day French Toast w/ Maple Syrup Bacon Ralston Cereal</p> <p>Lunch: Baked Penne Carbonara w/ Chicken Creamed Spinach Lemon Chicken Soup Marble Cake</p> <p>Dinner: Beef Top Round or Pizza Scalloped Potatoes Mixed Fresh Vegetables Potato Leek Soup Fresh Rolls Baked Cinnamon Spiced Apples</p>