OCTOBER 4TH – OCTOBER 10TH

Week II

Week at a Glance

	10/04/09	10/05/09	10/06/09	10/07/09	10/08/09	10/09/09	10/10/09
	Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
APPETIZERS	• Navy Bean Soup • Lettuce & Tomato Salad with Dressing	• Vegetable Beef Soup • Tossed Salad with Dressing	• Beef Noodle Soup • Tossed Salad	• Chicken & Rice Soup • Tossed Salad with Dressing	• Bean and Macaroni Soup • Arugula Salad with Dressing	• Cream of Potato Soup • Coleslaw	• Beef Barley Soup • Tossed Salad with Dressing
LUNCH	• Stuffed Shells • Grilled Chicken Breast • Cottage Cheese & Fruit Platter	• Poached Salmon • Rosemary Chicken • Cottage Cheese & Fruit Platter	• Veal Parmesan • Meatloaf • Cottage Cheese & Fruit Platter	• Shrimp Maison • Chicken Pot Pie • Cottage Cheese & Fruit Platter	• Roast Turkey • Filet Mignon • Cottage Cheese & Fruit Platter	• Filet of Sole Oreganata • Italian Sausage, Peppers, Onions • Tuna Salad Platter • Cottage Cheese & Fruit Platter	• Chicken Florentine • Swedish Meatballs • Cottage Cheese & Fruit Platter
APPETIZERS	• Tomato & Rice Soup • Tossed Salad with Dressing	• Cream of Broccoli Soup • Coleslaw	• Cream of Spinach Soup • Tossed Salad with Dressing	• Vegetarian Vegetable Soup • Carrot & Raison Salad	• Cream of Tomato Soup • Tossed Salad with Dressing	• Corn Chowder • Garden Greens with Dressing	• Chicken Gumbo Soup • Beet Salad
DINNER	• Shrimp Salad Sandwich • Chicken Souvlaki Platter • Chicken Salad Platter	• Bacon, lettuce, tomato Sandwich • Baked Ziti with Marinara Sauce • Egg Salad on Rye	• Cheese, Pepperoni, or Vegetable Pizza • Turkey Tettrazini • Grilled Cheese & Tomato Sandwich	• Chicken Fingers • Spaghetti with Meat Balls or Italian Sausage • Pita Melt	• Chicken Parmesan • Chicken Sandwich • Quiche Lorraine	• Ham & Swiss on Rye • Baked Macaroni & Beef Casserole • Cottage Cheese and Fruit Platter	• Chicken Cheese Steak • Grilled Cheese and Bacon Sandwich • Tuna Salad Platter