

Week 1 Menu

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE- *not inclusive of 2 snacks per day

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 9:00 am** Client can choose cereal and fruit daily	Cereal and fruit	Grits, Eggs and Toast	French Toast and Meat	Eggs, meat and toast	Pancakes and meat	Sausage and Biscuit with fruit	Waffles and meat
LUNCH 12:00 pm**	Sandwich with lettuce tomatoe and fruit	Pasta Dinner and veggy	Chili Dogs and chips with fruit	Corn Dogs and French Fries	Cold Tuna and Crackers with Fruit	Hamburger (toasted bun) or onion steak pattieFrench fries and Pickle	Beef Stew and Crackers
DINNER 6:00 PM**	Baked Chicken, and Broccoli and Rice Casserole and Salad	Turkey, stuffing and candid yams	Pork Chops, red beans and rice with corn bread	Meatloaf, mashed potatoes, and vegetable	Steak w/ onion and bell peppers, carrots and black eyed peas	BBQ Pork, butter beans and corn bread	Fish, shrimp fries and Salad

