Monday
Breakfast: Sweet potato and pot roast hash, scrambled eggs, red grapes and sliced apples  
Lunch: Fire-braised chicken sandwich, spinach salad with tomato and onions, sliced apples  
Dinner: Penne with meatballs, California-blend vegetables, lemon bar

Tuesday
Breakfast: Scrambled eggs, oatmeal with brown sugar, red grapes and sliced apples, seasonal protein smoothie  
Lunch: Pulled pork sandwich, vinegar slaw, baked potato chips, fresh pear  
Dinner: Lemon rosemary chicken, buttered noodles, seasonal vegetable, frozen custard

Wednesday
Breakfast: Scrambled eggs, cereal with milk, French toast  
Lunch: Roast beef sandwich, baked potato chips, house side salad with oil and vinegar  
Dinner: Grilled chicken, buttered egg noodles, California-blend vegetables, dinner roll, brownie

Thursday
Breakfast: French toast, scrambled egg whites, tropical fruit cup, vanilla Greek yogurt  
Lunch: Deluxe hamburger, spring mix salad with oil and vinegar, diced peaches  
Dinner: Roast turkey, steamed baby carrots, mashed potatoes with gravy, sherbet

Friday
Breakfast: Vegetable and Swiss cheese omelet, Greek yogurt, red grapes and sliced apples  
Lunch: Low-sodium grilled chicken sandwich, fresh pear, pasta salad with cheese  
Dinner: Potato-crusted cod, steamed broccoli, buttered noodles, chocolate and peanut butter whoopie pie

Saturday
Breakfast: Scrambled egg whites with cheese, seasonal muffin, banana  
Lunch: Chicken salad, mixed fresh fruit, Greek salad with oil and vinegar  
Dinner: Pulled pork, brown rice, collard greens, sherbet

Sunday
Breakfast: Scrambled eggs, cinnamon roll, red grapes and sliced apples  
Lunch: Buckeye club, fresh fruit, house side salad with oil and vinegar, seasonal smoothie  
Dinner: Pot roast with gravy, steamed baby carrots, roasted redskin potatoes, frozen custard