



TRANQUILLITY AT FREDERICKTOWNE SPRING/SUMMER / WEEK FOUR

***Alternatives: *GARDEN SALAD *FRESH FRUIT SALAD *GRILLED CHEESE *PLAIN CHICKEN BREAST *PEANUT BUTTER & JELLY *COTTAGE CHEESE *APPLESAUCE *HARDBOILED EGG**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T 8:00 A.M.	CHILLED FRUIT JUICE COFFEE, TEA OR MILK *ASSORTED COLD CEREAL *ASSORTED HOT CEREAL * SCRAMBLED EGGS * BACON DONUT * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK *ASSORTED COLD CEREAL * ASSORTED HOT CEREAL *PANCAKES *SCRAMBLED EGGS *BACON *TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * CHEESE OMELET OR * SCRAMBLED EGGS *BACON FRUIT MUFFIN * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * HARD BOILED EGG OR * SCRAMBLED EGGS * SAUSAGE LINKS OR BACON DANISH * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS * BACON CREAMED CHIPPED BEEF OVER TOAST TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * FRIED EGG OR * SCRAMBLED EGGS * BACON ASSORTED DANISH * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS BREAKFAST CASSEROLE * SAUSAGE * TOAST
L U N C H 12:00 P.M.	*SLICED PORK W/ GRAVY * POT ROAST *TWICE BAKED POTATO *FRESH GREEN BEANS ALT: *STEWED TOMATOES ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* MEATLOAF * VEGETABLE QUICHE *GARLIC MASHED POTATOES * CARROTS ALTERNATE: * PEAS CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* HERB ROASTED CHICKEN *SLICED CORNED BEEF *POTATO WEDGES *CABBAGE ALTERNATE: * WAX BEANS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* CHICKEN LIVERS W/GRAVY * SALMON FILET *AUGRATIN POTATOES *SPINACH ALTERNATE: *BROCCOLI ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	CHICKEN ALFREDO * STUFFED PEPPERS ROASTED POTATOES CORN SOUFFLE ALT: *MIXED VEGETABLES CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	CHICKEN POT PIE * FLOUNDER STUFFED W/CRAB * LONG GRAIN AND WILD RICE *GREEN BEANS ALT: * YELLOW SQUASH ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* HONEY GLAZED HAM * LEMON PEPPER FISH SWEET POTATOES * KALE ALTERNATE: *CARROTS CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA
S U P P E R 5:00 P.M.	*SOUP DU JOUR * HAM & CHEESE SANDWICH *CHICKEN FILET SANDWICH *GRATED CARROT & RAISIN SALAD POTATO CHIPS DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP JU JOUR * SEAFOOD SALAD SANDWICH * HOT DOG ON A BUN * BAKED BEANS * COLE SLAW DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * TUNA SALAD PLATE W/ CRACKERS * SLICED TURKEY SANDWICH * GREEN PEA SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * ASST. SANDWICHES * HAMBURGER *MIXED MELON * MACARONI SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * TURKEY SALAD PLATE WITH MUFFIN * FISH SANDWICH *CARROT RAISIN SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * VEGETABLE LASAGNA * TUNA MACARONI SALAD SLICED TOMATOES *DICED PEACHES DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * EGG SALAD SANDWICH * COTTAGE CHEESE & FRUIT PLATTER *VEGETABLE PASTA SALAD DESSERT / *DIET DESSERT COFFEE & TEA