



TRANQUILLITY AT FREDERICKTOWNE SPRING/SUMMER WEEK ONE

***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 OR TEA MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS * BACON DANISH * TOAST	CHILLED FRUIT JUICE COFFEE OR TEA MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED OR FRIED EGGS * BACON * TOAST	CHILLED FRUIT JUICE COFFEE OR TEA MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL PANCAKES * SCRAMBLED EGGS * BACON * TOAST	CHILLED FRUIT JUICE COFFEE OR TEA MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS OR *CHEESE OMELET HASH BROWNS * ENGLISH MUFFINS * TOAST	CHILLED FRUIT JUICE COFFEE OR TEA MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS FRENCH TOAST * CRISP BACON * TOAST	CHILLED FRUIT JUICE COFFEE OR TEA MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL *SCRAMBLED EGGS * CRISP BACON ASSORTED MUFFINS * TOAST	CHILLED FRUIT JUICE COFFEE OR TEA MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS BREAKFAST CASSEROLE *BACON OR * SAUSAGE LINKS TOAST
L U N C H 12:00 P.M.	* BAKED CHICKEN PARMESAN FRIED SHRIMP WITH COCKTAIL SAUCE BUTTERED NOODLES * FRESH GREEN BEANS ALTERNATE: * SPINACH ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	SPAGHETTI W / MEAT SAUCE * VEGETABLE QUICHE * SQUASH ALTERNATE: * BROCCOLI ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* LEMON PEPPER FISH * SAUTEED LIVER & ONIONS WITH GRAVY MASHED POTATOES MIXED VEGETABLES ALTERNATE: * CORN ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	FRIED CHICKEN * EGGPLANT PARMESAN POTATO SALAD *PEAS ALTERNATE: *KALE CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	*PORK CHOP WITH GRAVY * CHICKEN STIR FRY * WHITE RICE * YELLOW SQUASH ALTERNATE: * GREEN BEANS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* STUFFED CABBAGE * BAKED FLOUNDER MASHED POTATOES *BRUSSEL SPROUTS ALT: *STEWED TOMATOES CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* HAM * HONEY MUSTARD CHICKEN SWEET POTATOES * SPINACH ALTERNATE: * WAX BEANS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA
S U P P E R 5:00 P.M.	* SOUP DU JOUR * BEEF BBQ SANDWICH * TURKEY AND CHEESE SANDWICH FRUIT SALAD * COLESLAW DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * CHICKEN SALAD SANDWICH * CHEF SALAD / CRACKERS POTATO SALAD * APRICOTS DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * MACARONI BEEF CASSEROLE HOAGIE WITH CHIPS *THREE BEAN SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR TURKEY PASTA SALAD PLATE WITH MUFFIN * TUNA SALAD SANDWICH * TOMATO SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR GRILLED HAM & CHEESE SANDWICH * COTTAGE CHEESE FRUIT PLATTER WITH CRACKERS * GRATED CARROT & RAISIN SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR OPEN FACED HOT ROAST BEEF SANDWICH WITH GRAVY * ASSORTED SANDWICHES * CUCUMBER SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * COLD SALAD PLATE WITH ROLL *EGG SALAD SANDWICH MACARONI SALAD *AMBROSIA DESSERT / *DIET DESSERT COFFEE & TEA