



TRANQUILLITY AT FREDERICKTOWNE SPRING/SUMMER WEEK THREE

***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 HASH BROWNS * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL CREAMED CHIP BEEF OVER BISCUITS * SCRAMBLED EGGS * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL BUTTERMILK PANCAKES * SCRAMBLED EGGS * CRISP BACON * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED OR FRIED EGGS * SAUSAGE LINK OR *BACON * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS * BACON HASH BROWNS DANISH * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED OR * POACHED EGG * CRISP BACON DONUT * TOAST	CHILLED FRUIT JUICE COFFEE, TEA OR MILK * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS BREAKFAST CASSEROLE * GRILLED SAUSAGE OR *BACON * TOAST
L U N C H 12:00 P.M.	* PORK TENDERLOIN * BAKED FISH SCALLOPED POTATOES STEWED APPLES ALTERNATE: *SPINACH ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	MEAT LASAGNA * BARBEQUED CHICKEN BAKED POTATO * CAULIFLOWER/BROCCOLI BLEND ALTERNATE: LIMA BEANS * GARLIC BREAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SLICED HAM * BEEF STEW * SWEET POTATOES * CABBAGE ALTERNATE: *GREEN BEANS CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* SLICED ROAST BEEF W/GRAVY CHEESE STUFFED SHELLS WHIPPED POTATOES * PEAS AND PEARL ONIONS ALTERNATE: HARVARD BEETS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* SALISBURY STEAK * SLICED TURKEY BUTTER PARSLEY POTATOES CORN ALTERNATE: *ASPARAGUS CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* TILAPIA WITH DILL SPAGHETTI AND MEATBALLS BUTTERED NOODLES * CREAMED SPINACH ALTERNATE: * WAX BEANS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* PEPPER STEAK FRIED CHICKEN RICE * BROCCOLI ALT: *YELLOW SQUASH ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA
S U P P E R 5:00 P.M.	* SOUP DU JOUR COUNTRY HAM SANDWICH ON A ROLL * CHICKEN SALAD SANDWICH * SLICED TOMATO SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * TUNA MELT * CHICKEN FINGERS W / BISCUIT *FRUIT SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * EGG SALAD SANDWICH BAKED ZITI DICED PEARS DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * ASSORTED QUICHE *TURKEY SALAD PLATE WITH ROLL * VEGETABLE PASTA SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR PIZZA * TUNA SALAD SANDWICH *THREE BEAN SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * PORK BBQ SANDWICH * CHICKEN CEASAR SALAD WITH CRACKERS POTATO WEDGES * MIXED MELON DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * SLICED ROAST BEEF SANDWICH HOT TURKEY SANDWICH WITH GRAVY *SLICED TOMATO SALAD AMBROSIA DESSERT / *DIET DESSERT COFFEE & TEA