



TRANQUILLITY AT FREDERICKTOWNE SPRING/SUMMER WEEK TWO

***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 / MILK COFFEE OR TEA * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS * BACON DONUT * TOAST	CHILLED FRUIT JUICE / MILK COFFEE OR TEA * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED OR FRIED EGGS * BACON * TOAST	CHILLED FRUIT JUICE / MILK COFFEE OR TEA * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL *POACHED OR SCRAMBLED EGG * BACON MUFFINS * TOAST	CHILLED FRUIT JUICE / MILK COFFEE OR TEA * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS * BACON DANISH * TOAST	CHILLED FRUIT JUICE / MILK COFFEE OR TEA * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL FRENCH TOAST OR * SCRAMBLED EGGS * SAUSAGE OR * BACON * TOAST	CHILLED FRUIT JUICE / MILK COFFEE OR TEA * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS * BACON HOME FRIES * ENGLISH MUFFINS * TOAST	CHILLED FRUIT JUICE / MILK COFFEE OR TEA * ASSORTED COLD CEREAL * ASSORTED HOT CEREAL * SCRAMBLED EGGS CHIPPED BEEF OVER TOAST * SAUSAGE LINK OR * BACON * TOAST
L U N C H 12:00 P.M.	* ROAST TURKEY & GRAVY * SALISBURY STEAK * GREEN BEANS CRANBERRY SAUCE * MASHED POTATOES ALTERNATE: LIMA BEANS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* SWEDISH MEATBALLS * BBQ CHICKEN BUTTERED NOODLES * BROCCOLI ALTERNATE: VEGETABLE MEDELY CORNBREAD AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* STUFFED PEPPERS * FISH FILET * SCALLOPED POTATOES * CARROTS ALT: * STEWED TOMATOES ROLL AND BUTTER DESSERT / * DIET DESSERT COFFEE OR TEA	* MEATLOAF * VEGETABLE LASAGNA TWICE BAKED POTATO * CAULIFLOWER ALTERNATE: * ZUCCHINI ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	CHICKEN CORDON BLEU * PORK ROAST MACARONI AND CHEESE STEWED APPLES ALTERNATE: * ASPARAGUS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* SALMON CAKES WITH DILL SAUCE * ROAST BEEF RICE PILAF * PEAS ALT: * BRUSSELL SPROUTS ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA	* APRICOT BAKED CHICKEN * VEAL PARMESAN BUTTERED NOODLES * CARROTS ALTERNATE: * BROCCOLI ROLL AND BUTTER DESSERT / *DIET DESSERT COFFEE OR TEA
S U P P E R 5:00 P.M.	* SOUP DU JOUR * CHICKEN BREAST SANDWICH HAM & CHEESE CROISSANT RED SKIN POTATO SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * GRILLED CHEESE SANDWICH * SHRIMP SALAD SANDWICH * MIXED MELON DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * FRUIT & CHICKEN SALAD PLATE WITH CRACKERS HOT DOG BAKED BEANS FRUIT SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR TUNA NOODLE CASSEROLE * HOAGIE * COLESLAW DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * ROAST BEEF SANDWICH * HAM AND SWISS ON RYE * THREE BEAN SALAD PINEAPPLE DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * TUNA SALAD PLATE WITH CRACKERS CHICKEN AND DUMPLINGS SLICED TOMATOES * WALDORF SALAD DESSERT / *DIET DESSERT COFFEE OR TEA	* SOUP DU JOUR * TURKEY & CHEESE ON A ROLL * HAMBURGER TATOR TOTS * CREAMY CUCUMBERS DESSERT / *DIET DESSERT COFFEE & TEA