

Week 1

Lakeshore Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Pancakes w/Syrup Sausage Links Fresh Fruit	Malt-O-Meal or Oatmeal Boiled Egg and Toast	Fried Eggs Corned Beef Hash and Toast	French Toast Bacon Hash Browns	Cold Cereal Toast Boiled Egg	Waffles Sausage Links Fresh Fruit	Scrambled Eggs Hash Browns Toast and Fruit
Lunch	Baby Back Ribs Baked Potato Mixed Veggie Dessert	Mostaccioli Garlic Bread Veggie Dessert	Beef Enchilada Bake Refried Beans over Spanish Rice	Swiss Pepper Steak over Rice Veggie Dessert	Beef Stew Biscuit Dessert	Salmon Patties Red Potato Creamy Potato Dessert	Chicken Parmesan over Spaghetti w/Marinara Garlic Bread Side Salad Dessert
Dinner	Chicken Salad on Bread Cottage Cheese w/Tomato Wedge Dessert	Chicken Caesar Salad or Sandwich Dessert	Fish Sandwich w/Coleslaw Waffle Fries Baked Beans Dessert	Hot Dogs Mac and Cheese Veggie Dessert	Crispy Nuggets French Fries Pickle Spear Dessert	Breakfast French Toast, Eggs Sausage	Bacon Cheeseburger Baked Beans Sweet Potato Fries Dessert

Meal Alternatives: Meat Sandwich Soup Peanut Butter and Jelly Hot dog Cottage Cheese Plate W /Fruit

If you would like an alternative meal please make your request 2 hours prior to meal. If a late request your alternative will be provided after they serve the scheduled meal

Week 2

Lakeshore Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Pancakes w/Syrup Sausage Links Fresh Fruit	Malt-O-Meal or Oatmeal Boiled Egg Toast	Fried Eggs Corned Beef Hash Toast	French Toast Bacon Hash Browns	Cold Cereal Toast Boiled Egg	Waffles Sausage Links Fresh Fruit	Scrambled Eggs Hash Browns Bacon Toast
Lunch	Baked Ham Scallop Potato Veggie Dessert Dessert	Chicken Cordon Blue Rice-a-Roni Dinner Roll Dessert	Pork Roast Mashed Potato and Gravy Mixed Veggie Dessert	Chili Corn Bread Side Salad Dessert	Stuffed Shells Garlic Bread Mixed Veggie Dessert	Fried Shrimp French Fries Coleslaw Dessert	Beef Tips in Brown Gravy Egg Noodles Green Beans Dessert
Dinner	Soup and Sandwich or Salad Dessert	Open Face Beef Sandwich Mashed Potato Veggie Dessert	Polish Sausage Sauerkraut Boiled Potato Dessert	Philly French Dip French Fries Dessert	Turkey Club Pasta Salad	Chefs Choice	Bratwurst Potato Salad Dessert

Meal Alternatives: Meat Sandwich Soup Peanut Butter and Jelly Hot dog Cottage Cheese Plate W /Fruit

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Week 3

Lakeshore Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Pancakes w/Syrup Sausage Links Fresh Fruit	Malt-O-Meal or Oatmeal Boiled Egg on Toast	Sausage, Egg and Cheese Sandwich on English Muffin Fresh Fruit	French Toast Bacon Hash browns	Cold Cereal Toast Boiled Egg	Waffles Sausage Links Fresh Fruit	Scrambled Eggs Hash Browns Bacon Toast
Lunch	Baked Chicken Mashed Potato and Gravy Stuffing Cranberries Dessert	Reuben Sandwich Potato Chips Pickle Spear Dessert	Hard or Soft Shell Beef Tacos Dessert	Salisbury Steak in Brown Gravy Baked Potato Veggie Dessert	Chicken Burgers Baked Beans Cold Pasta Salad Dessert	Shrimp Scampi over Spaghetti Garden Salad Garlic Bread Dessert	BBQ Pork Rib-lets Mashed Sweet Potato Green Beans Dessert
Dinner	Cheddar-wurst on a Bun Tater Tots Dessert	Pork Tips w/Gravy Rice and Roll Dessert	Swedish Meatballs Egg Noodles Veggie Dessert	Soup and Sandwich Dessert	Hot dog Mac and Cheese Veggie Dessert	Pizza and Salad	Ham and Cheese Croissant Cottage Cheese w/ Tomato Wedge Dessert

Meal Alternatives: Meat Sandwich Soup Peanut Butter and Jelly Hot dog Cottage Cheese Plate W /Fruit

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Week 4

Lakeshore Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Pancakes w/Syrup Sausage Links Fresh Fruit	Malt-O-Meal or Oatmeal Boiled Egg Toast	Fried Eggs Corned Beef Hash and Toast	French Toast Bacon Hash Browns	Cold Cereal Toast Boiled Egg	Waffles Sausage Links Fresh Fruit	Scrambled Eggs Hash Browns Bacon Toast
Lunch	Lasagna Side Salad Garlic Bread Dessert	Beef Chop Suey Steamed Rice Egg Roll Dessert	Pulled Pork Potato Salad Baked Beans Dessert	Roast Turkey Mashed Potato and Gravy Mixed Veggie Dessert	Meatloaf Baked Potato Side Salad Corn Dessert	Ham Sweet Potato Green Bean Casserole Dessert	Shrimp Alfredo over Linguine Salad Bread Stick Dessert
Dinner	Ham and Cheese on a Bun Curly Fries Dessert	Chicken Tenders Cottage Cheese Tomato and Cucumber Salad Dessert	Soup and Sandwich Dessert	Sausage and Potato Hash Creamed Corn Dessert	Sloppy Joe French Fries Dessert	Chefs Choice Dessert	BLT Potato Chips Pickle Dessert

Meal Alternatives: Meat Sandwich Soup Peanut Butter and Jelly Hot dog Cottage Cheese Plate W /Fruit

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