

Mount Carmel Bluffs Week 1 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6/03	06/04	06/05	06/06	06/07	06/08	06/09
BREAKFAST						
Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice
SOUP DU JOUR						
Cauliflower Cheese	Clam Chowder	Navy Bean & Bacon	Chicken Dill	Vegetable Barley	Lentil	Split Pea & Ham
LUNCH						
Tossed Garden Salad w/dressing is available						
Chicken Caesar Salad Dinner Roll	Beef Stroganoff Herb Buttered Noodles California Vegetable	Baked Salmon w/Dill Butter Baby Bakers Sauteed Summer Squash	Cottage Cheese Fruit Plate Assorted Muffin	Egg Salad Sandwich Fresh Fruit Cup Chips	Chicken Kiev White Rice Pilaf Corn	Turkey Roast Gravy Mashed Potatoes Almond Buttered Broccoli
French Dip Sandwich Side Caesar Salad	Cheese Sausage Strata California Vegetables	Pork Lyonnaise Baby Bakers Sauteed Summer Squash	Spaghetti & Meatballs Vegetable Medley	Beef Pepper Steak Mashed Potatoes	Beef Chili w/Fixings Corn Muffin	French Toast Syrup Grilled Ham Steak Mixed Berries
DINNER						
Tossed Garden Salad w/dressing is available						
Citrus Glazed Chicken Chive Roasted Potatoes Carrots	Salmon Cakes Dijon Dill Sauce Mashed Cauliflower Peas & Peppers	Hamburger on a Bun w/Fixings Baked Beans Watermelon	Ginger Peach Pork Baked Sweet Potato Steamed Spinach	Chicken Pesto Penne Pasta Roasted Zucchini & Tomato	Herb Crusted Fish Brown Rice Pilaf Lemon Asparagus	Beef Lasagna Italian Vegetables
Marsala Pork Chive Roasted Potatoes Carrots	Oriental Chicken Salad Wheat Breadstick	Kielbasa Sauerkraut Baked Beans Watermelon	Shredded Turkey Sandwich Potato Salad Fruited Jell-O	Seafood Salad Wheat Breadstick	Bruschetta Chicken Brown Rice Pilaf Lemon Asparagus	Chicken Salad Croissant Fresh Fruit Cup

Mount Carmel Bluffs WEEK 2 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6/10	6/11	6/12	6/13	6/14	6/15	6/16
BREAKFAST						
Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice
SOUP DU JOUR						
Corn Chowder	Tomato Basil	Beef Barley	Chicken Wild Rice	Minestrone	Zuppa Toscana	Country Chicken
LUNCH						
Tossed Garden Salad w/dressing is available						
Swedish Meatballs Herb Buttered Noodles Carrots	Beef Stir Fry Brown Rice	Tuna Sandwich on Wheat Grapes Sun Chips	Swiss Spinach Quiche Broccoli Sunflower Salad	Ginger Chicken Thigh Fried Rice Napa Slaw	Pork w/Tomato Cream Sauce Potato Dumplings Asparagus	Meatloaf Gravy Mashed Potatoes Steamed Cauliflower
Greek Chicken Salad Pita Bread	Grilled Cheese on Wheat Fresh Fruit Cup Chips	Cheese Rollups w/Meat Sauce Steamed Spinach	Grilled Ham Steak Au Gratin Potatoes Broccoli Sunflower Salad	Fish and Chips Napa Slaw	Turkey Rachel Sandwich Watermelon	Egg, Ham, & Cheese on Croissant Cinnamon Pears
DINNER						
Tossed Garden Salad w/Dressing Shrimp Tortellini Salad Plate Patty Melt 3 Bean Salad	Tossed Garden Salad w/Dressing Sirloin Steak Baked Potato Vegetable Blend Mushroom Pork	Tossed Garden Salad w/Dressing BBQ Pork Ribs Macaroni & Cheese Marinated Cucumbers Chicken Tenders	Tossed Garden Salad w/Dressing Pulled Chicken Taco Salad Tortilla Chips Fresh Fruit Cup Sloppy Joe on a Bun	Tossed Garden Salad w/Dressing Baked Tilapia w/Lemon Butter Sauce Sweet Potatoes California Vegetables Chicken Pot Pie	Tossed Garden Salad w/Dressing Salisbury Steak Baked Potato Green Beans & Tomatoes Chef Salad Assorted Muffin	Tossed Garden Salad w/Dressing Baked Salmon w/Artichokes Wild Rice Blend Side Caesar Salad Cheese Pizza

Mount Carmel Bluffs WEEK 3 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6/17	6/18	6/19	6/20	6/21	6/22	6/23
BREAKFAST						
Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice
SOUP DU JOUR						
Cauliflower Cheese	Black Bean	Vegetable Barley	Chicken Noodle Soup	Garden Vegetable	Chicken Tortilla	Broccoli Cheese
LUNCH						
Tossed Garden Salad w/dressing is available						
Pastrami Sandwich Fresh Fruit Cup	Chicken Chow Mein White Rice Asian Blend Vegetables	Chicken Tenders Sweet Potatoes Strawberries	Egg Salad Sandwich Sun Chips Peaches	Battered Fish Baked Potato Wedges Coleslaw	Open Faced Hot Turkey Sandwich Mashed Potatoes Corn	Roast Pork Gravy Baked Sweet Potato Lemon Asparagus
Mushroom Pork Loin Boiled Potatoes Vegetable Blend	Mediterranean Shrimp Salad Garlic Toast Fresh Fruit Cup	Ginger Peach Pork Sweet Potatoes Strawberries	Spaghetti & Meat Sauce Roasted Brussel Sprouts Garlic Toast	BBQ Pulled Pork Slider Baked Potato Wedges Coleslaw	Beef Taco Salad Corn	Blueberry Pancakes Syrup Scrambled Eggs Fresh Fruit Cup
DINNER						
Tossed Garden Salad w/Dressing Chicken Cordon Bleu Baby Bakers Sauteed Summer Squash Breakfast Casserole Fresh Fruit Cup Assorted Muffin	Tossed Garden Salad w/Dressing Turkey Waldorf Salad Mandarin Oranges Croissant Corned Beef Dinner w/Potatoes, Carrots, Cabbage, & Onions Creamy Horseradish Sauce	Tossed Garden Salad w/Dressing Swiss Steak Mashed Potatoes Broccoli White Chicken Chili Corn Muffin Fresh Fruit Cup	Tossed Garden Salad w/Dressing Baked Chicken Thigh Chicken Gravy Chive Roasted Potatoes Cucumber Tomato Salad Italian Sausage & Pepper Sauté Chive Roasted Potatoes	Tossed Garden Salad w/Dressing Honey Lemon Glazed Salmon Rice Blend Green Beans Baked Chicken Breast Tomato Cream Sauce Rice Blend Green Beans	Tossed Garden Salad w/Dressing Loaded Baked Potato Watermelon Brat on a Bun w/Sauerkraut & Fixings Creamy Pasta Salad Watermelon	Tossed Garden Salad w/Dressing Beef Roast & Vegetables Gravy Mashed Potatoes Roasted Carrots Turkey Sandwich w/Basil Mayo Broccoli Sunflower Salad

Mount Carmel Bluffs WEEK 4 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6/24	6/25	6/26	6/27	6/28	6/29	6/30
BREAKFAST						
Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice
SOUP DU JOUR						
Chicken Dill	Beef Barley	Beef Chili	Lentil	Clam Chowder	Tomato Basil	Country Chicken
LUNCH						
Tossed Garden Salad w/dressing is available						
Strawberry Chicken Salad Wheat Breadstick	Beef Tips & Gravy Mashed Potatoes Steamed Spinach	Cornflake Crusted Fish Rice Blend Vegetable Blend	Mushroom Swiss Burger Sweet Potato Fries Marinated Cucumbers	Dijon Dill Salmon Potato Salad Watermelon	Beef Lasagna Basil Zucchini Sauté	Meatloaf Gravy Mashed Potatoes Tomato Salad
Tater Tot Hot Dish Grapes	Chicken Salad Sandwich Fresh Fruit Cup	Cottage Cheese Fruit Plate Assorted Muffin	Sweet & Sour Pork Vegetable Fried Rice Marinated Cucumbers	Turkey Wild Rice Salad Watermelon Dinner Roll	Grilled Cheese Sandwich Basil Zucchini Sauté	Cheese Omelet Bacon Scone Strawberries
DINNER						
Tossed Garden Salad w/Dressing Smoked Brisket Baby Bakers Squash Parmesan Crusted Fish Lemon Butter Sauce	Tossed Garden Salad w/Dressing Roast Turkey Honey Mustard Cream Sauce Herb Buttered Noodles Grilled Vegetables Swedish Meatballs Herb Buttered Noodles	Tossed Garden Salad w/Dressing Maple Glazed Ham Oven Roasted Potatoes Wax Beans Chicken Marsala	Tossed Garden Salad w/Dressing Chicken A La King Carrots Buttermilk Biscuit BBQ Pulled Pork Slider Fresh Fruit Cup	Tossed Garden Salad w/Dressing Breakfast Sandwich Fresh Fruit Cup Sirloin Steak Macaroni & Cheese Diced Beets	Tossed Garden Salad w/Dressing Shrimp Scampi Brown Rice Lemon Asparagus Tempura Orange Chicken Brown Rice	Tossed Garden Salad w/Dressing Maple Dijon Chicken Thigh Baked Potato Vegetable Blend Seafood Salad Sandwich Fresh Fruit Cup

Mount Carmel Bluffs WEEK 5 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7/01	7/02	7/03	7/04	7/05	7/06	7/07
BREAKFAST						
Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice	Beverage of Choice Egg of Choice Breakfast Meat Toast of Choice
SOUP DU JOUR						
Zuppa Toscana	Black Bean	Corn Chowder	Garden Vegetable	Broccoli Cheese	Chicken Wild Rice	Minestrone
LUNCH						
Tossed Garden Salad w/dressing is available						
Coconut Shrimp Orange Mango Sauce Sweet Potato Rst. Cauliflower	Dijon Dill Cod Garlic Mashed Potatoes Green Peas	Tuna Melt on Wheat Diced Beets Chips		Beef Enchiladas Cilantro Lime Black Beans Shredded Lettuce & Tomato	Chicken Salad Club Garbanzo Salad Mandarin Oranges	Ham w/Apples Scalloped Potatoes Vegetable Blend
Salisbury Steak Baked Sweet Potato	Braised Pork Ribs Red Cabbage	Turkey Roast Gravy Mashed Potatoes Diced Beets	SPECIAL 4th of JULY MENU (The above menu will NOT be served) Come and Join Us	Grilled Fish Sandwich Tartar Sauce Fresh Fruit Cup	Spinach & Mushroom Strata Garbanzo Salad Mandarin Oranges	Belgian Waffle/Syrup w/Strawberries Scrambled Eggs Sausage Links
DINNER						
Tossed Garden Salad w/dressing is available						
Balsamic Herb Chicken Rice Blend Carrot Raisin Salad	Pork Chops & Stuffing Oven Roasted Tomatoes	Veggie Egg Bake Scone Yogurt Parfait	BBQ Chicken Baked Beans Watermelon	Shrimp Alfredo Pasta Italian Vegetables	Cheeseburger w/Fixings Broccoli Slaw	Citrus Herb Chicken Buttered Corn Watermelon
Roast Beef Sandwich Carrot Raisin Salad	Cashew Chicken Salad Mini Croissant Fresh Fruit Cup	Grilled Sirloin Steak Baked Potato Lemon Broc.	Hot Dog Baked Beans Watermelon	Chef Salad Assorted Muffin	Mushroom Pork Loin Mashed Potatoes	Reuben Sandwich Sun Chips Watermelon