

**West Meade Place
Week-At-A-Glance
WMP S/S 2018 Week 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Toast Biscuit	Scrambled Eggs All Bran Muffins Toast	Scrambled Eggs Pancakes Toast	Scrambled Eggs English Muffin Toast	Scrambled Eggs French Toast Toast	Scrambled Eggs Cinnamon Roll Toast	Scrambled Eggs Biscuit Toast
Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee
Crispy Bacon Sausage Patty	Crispy Bacon Sausage Patty	Crispy Bacon Sausage Patty	Sausage Patty Crispy Bacon	Crispy Bacon Sausage Patty	Sausage Patty Crispy Bacon	Crispy Bacon Sausage Patty
Lunch:Regular						
Beef Pot Roast Low Sodium Tuna Noodle Casserole	Copy of Baked Ham Turkey Sandwich	Oven Fried Chicken Salisbury Steak	WMP Meatloaf Grilled Ham & Cheese Sandwich	Corned Beef Boiled New Potatoes Carrots	Ls Baked Popcorn Shrimp Pork Tenderloin	Rancher's Chicken (Ls) Beef Burgundy
Mashed Potatoes Roasted Zucchini - Fresh Vegetables Carrots	Sweet Potato Casserole Whole Kernel Corn	Potato Salad Pasta Salad	Macaroni & Cheese Tasty Turnip Greens Broccoli	Braised Cabbage Steamed Zucchini Squash	Fettuccine Alfredo Mashed Potatoes	Low Na Oven Roasted Potatoes Quinoa
Dinner Roll Fruit Pie	Steamed Broccoli Steamed Cauliflower	Ls Green Beans Diced Beets	Blushing Pears Iced Tea (Unsweet) Water	Dinner Roll Fruit Cup Iced Tea (Unsweet) Water	Green Beans Sauteed Peppers & Onions	Tasty Turnip Greens Carrot Coins
Iced Tea (Unsweet) Water	Wheat Bread Melon Cup Iced Tea (Unsweet) Water	Cornbread Copy of Cherry Torte Bar Iced Tea (Unsweet) Water			Fruit Fling Iced Tea (Unsweet) Water	Dinner Roll Pineapple Fluff Iced Tea (Unsweet) Water
Dinner:Regular						
Crispy Turkey Croquettes Hamburger On Bun	Copy of Low Na Chicken & Dumplings Parmesan Baked Fish	Quiche Lorraine Baked Pork Chop	Stuffed Flounder With Lemon Rice Roast Turkey	Supreme Pizza Baked Ham Green Peas	Chili Grilled Chicken Breast On Bu	BBQ Pork Chicken Salad Sandwich
Cornbread Dressing French Fries	Steamed Rice Fried Green Tomatoes Steamed Summer Squash	Diced Pears Parslied Rice	Potato Wedges (fresh)	Tossed Salad Buttered White Turnips Dinner Roll	Apple Coleslaw Easy Okra	Baked Beans Easy Egg Noodles
Easy Okra Tomato Slices/lettuce	Wheat Bread Mango Trifle Iced Tea (Unsweet) Water	Easy Okra Sea. Brussel Sprouts	Scandinavian Vegetables Sugar Snap Peas	Chocolate Brownie Iced Tea (Unsweet) Water	Honey Cornflake Muffins Sherbet Iced Tea (Unsweet) Water	Seasoned Carrots Sea. Brussel Sprouts
Crescent Rolls (pkg) Baked Sliced Apples Iced Tea (Unsweet) Water		All Bran Muffins Wheat Bread	Dinner Roll Diet Strawberry Shortcake Iced Tea (Unsweet) Water			Dinner Roll Banana Pudding Iced Tea (Unsweet) Water

**West Meade Place
Week-At-A-Glance
WMP S/S 2018 Week 2**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Toast Biscuit	Scrambled Eggs Blueberry Muffin Toast	Scrambled Eggs Pancakes Toast	Breakfast Burrito Scrambled Eggs Juice Of The Day Coffee	Scrambled Eggs Belgian Waffles With Strawberry Topping Toast	Scrambled Eggs Biscuits And Gravy Toast Juice Of The Day Coffee	Scrambled Eggs Danish (premade) Toast Juice Of The Day Coffee
Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Sausage Patty Grapes	Juice Of The Day Coffee Sausage Patty Crispy Bacon	Crispy Bacon Sausage Patty	Sausage Patty Crispy Bacon
Lunch:Regular						
Roast Breast Of Turkey Baked Pork Chop	Salisbury Steak Dipped Salmon Croquettes	Low Na Sweet And Sour Pork Chicken Salad On Croissant	Shrimp Buttermilk Fried Chicken polenta Mashed Sweet Potatoes (scratch)	Eggplant Parmesan Grilled Chicken Breast & Onions Spaghetti Steamed Rice	Fish Fillets With Lemon Butter Sauce Sliced Ham White Beans Couscous	Baked Chicken Piquant Shredded Pork Sandwich Yellow Rice Black Beans
Home Fried Potatoes Whole Kernel Corn	Mashed Potatoes Macaroni Salad	Easy Egg Noodles Cheesy Mashed Potatoes	Seasoned Greens Baked Butternut Squash	Italian Vegetables Ls Green Beans Garlic Bread	Prince Edward Blend Veg Broccoli	Broccoli Carrots
Broccoli Mar Cucumber Salad	Baked Tomatoes Steamed Summer Squash	Wax Beans Braised Cabbage	Cornbread Pineapple Tidbits	Iced Brownie	Dinner Roll Ambrosia	Dinner Roll Aunt Jenny's Oatmeal Pie
Choc P/nut Butter Square	Iced Tea (Unsweet) Water	Simple Egg Rolls (pkg) Orange Pound Cake Iced Tea (Unsweet) Water	Iced Tea (Unsweet) Water	Iced Tea (Unsweet) Water	Iced Tea (Unsweet) Water	Iced Tea (Unsweet) Water
Dinner:Regular						
Barbecued Beef Ls Breaded Pork Chop	Parmesan Baked Fish Roast Beef Sandwich	Chicken And Sausage Gumbo Low Na Swedish Meatballs	Ls Breaded Pork Chop Pimiento Cheese Sandwich	Roast Beef Sandwich Crispy Turkey Croquettes	Cheeseburger On Bun Chicken Tenders Macaroni Salad	Bratwurst On A Bun Baked Pork Chop Green Peas
Baked Beans Steamed Rice	Steamed Rice Baked Potato	Steamed Rice Easy Egg Noodles	Black-Eyed Peas Green Peas	Tomato Spoon Salad Tossed Salad	French Fries Cucumber And Beet Salad	Low Na Potato Salad Sauerkraut
Calico Coleslaw Savory Spinach	Green Beans Tossed Salad	Steamed Rice Easy Egg Noodles	Steamed Cauliflower Carrots	Cinnamon Applesauce Potato Soup	Roasted Zucchini - Fresh Vegetables	Easy Okra Pears
Diced Peaches	Wheat Bread	Marinated Vegetable Salad	Dinner Roll Fudge Pie	Iced Tea (Unsweet) Water	Ice Cream	Iced Tea (Unsweet) Water
Iced Tea (Unsweet) Water	Mandarin Oranges Iced Tea (Unsweet) Water	Sugar Snap Peas Cinnamon Baked Apple Iced Tea (Unsweet) Water	Iced Tea (Unsweet) Water		Iced Tea (Unsweet) Water	

**West Meade Place
Week-At-A-Glance
WMP S/S 2018 Week 3**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Eggs Hashbrown Patty Toast	Scrambled Eggs Apple Pancakes Toast	Scrambled Eggs Snp Strawberry Cheese Muffin Toast	Scrambled Eggs French Toast Toast	Scrambled Eggs English Muffin Toast	Scrambled Eggs Biscuit Toast	Scrambled Eggs Quick Coffee Cake Toast
Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee	Juice Of The Day Coffee
Crispy Bacon Sausage Patty	Sausage Patty Crispy Bacon	Crispy Bacon Sausage Patty	Sausage Patty Crispy Bacon	Crispy Bacon Sausage Patty	Sausage Patty Crispy Bacon	Crispy Bacon Sausage Patty
Lunch:Regular						
Buttermilk Fried Chicken Hamburger Steak	Vegetable Lasagna Shredded Pork Sandwich	Barbecued Baby Back Ribs Roast Turkey	Chicken & Sausage Jambalaya Grilled Chicken Breast & Onions	Low Sodium Meatballs Low Na Sweet And Sour Pork	Oven Fried Fish Cheese Pizza White Beans Green Peas	Cranberry Glazed Turkey Ls Tuna Melt
Augratin Potatoes Yellow Rice	Seasoned Green Beans Creamy Coleslaw	Bkd Sweet Potato Bu. Macaroni	Braised Cabbage Savory Spinach	Spaghetti Noodles Steamed Rice	Dixie Coleslaw Tossed Salad	Mashed Potatoes Cream Style Corn
Sugar Snap Peas Green Beans	Dinner Roll Watermelon	Steamed Cauliflower Apple Coleslaw	Better Buttermilk Biscuits	Italian Vegetables Ls Vegetable Stir Fry	Dinner Roll Peaches & Berries	Asparagus Cuts Sea. Brussel Sprouts
Iced Tea (Unsweet) Water	Tiramisu Dessert Iced Tea (Unsweet) Water	Diet: Spiced Apple Tart Iced Tea (Unsweet) Water	Cookie Iced Tea (Unsweet) Water	Bread stick Simple Egg Rolls (pkg)	Iced Tea (Unsweet) Water	Whole Wheat Rolls (scratch) Banana Pudding Dessert Iced Tea (Unsweet) Water
Dinner:Regular						
Turkey Sandwich Baked Pork	Parmesan Baked Fish Apricot Dijon Chicken Breast	Ls Tuna Salad Sandwich Ls Chef Salad With Turkey	Philly Cheesesteak Sandwich Grilled Cheese Sandwich	Chicken Salad Sandwich Hamburger On Bun Green Pea Salad	Roast Beef Rosemary Chicken (skinless)	Apple Spice Pork Roast Roast Beef Sandwich
French Fried Zucchini	Rice Pilaf Roasted Butternut Squash	White Chili Pasta Salad	French Fries Whole Kernel Corn	Barley & Fennel Soup Tater Tots	Glazed Carrots Mashed Potatoes	Cream Style Corn Spinach Tossed Salad
Roasted Red Pepper Soup Tossed Salad	Broccoli Low Na Buttered Cabbage Wedges	Roasted Zucchini - Fresh Vegetables Unsalted Crackers	Cucumber Salad/drsg Steamed Summer Squash	Creamy Raspberry Dessert	Buttered White Turnips Broccoli	Cornbread Pears (canned) Iced Tea (Unsweet) Water
Mandarin Oranges Iced Tea (Unsweet) Water	Bread stick Baked Peaches Iced Tea (Unsweet) Water	Melon Cup Iced Tea (Unsweet) Water	Pineapple Crisp Iced Tea (Unsweet) Water	Iced Tea (Unsweet) Water	Dinner Roll Strawberry Mousse Iced Tea (Unsweet) Water	

**West Meade Place
Week-At-A-Glance
WMP S/S 2018 Week 4**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
<i>Scrambled Eggs</i> <i>Pancakes</i> Toast <i>Juice Of The Day</i> <i>Coffee</i> <i>Sausage Patty</i> Crispy Bacon	<i>Scrambled Eggs</i> <i>Hash Brown Potatoes</i> <i>Delight</i> Toast <i>Juice Of The Day</i> <i>Coffee</i> <i>Crispy Bacon</i> Sausage Patty	<i>Scrambled Eggs</i> <i>Biscuits And Gravy</i> Toast <i>Juice Of The Day</i> <i>Coffee</i> <i>Sausage Patty</i> Crispy Bacon	<i>Scrambled Eggs</i> <i>Cake Donuts</i> <i>(premade)</i> Toast <i>Juice Of The Day</i> <i>Coffee</i> <i>Crispy Bacon</i> Sausage Patty	<i>Scrambled Eggs</i> <i>Bagels With Cream</i> <i>Cheese</i> Toast <i>Juice Of The Day</i> <i>Coffee</i> <i>Sausage Patty</i> Crispy Bacon	<i>Scrambled Eggs</i> <i>Toast</i> Biscuit <i>Juice Of The Day</i> <i>Coffee</i> <i>Crispy Bacon</i> Sausage Patty	<i>Scrambled Eggs</i> <i>French Toast</i> <i>Casserole</i> Toast <i>Juice Of The Day</i> <i>Coffee</i> <i>Sausage Patty</i> Crispy Bacon
Lunch:Regular						
<i>Hot Roast Beef</i> <i>Sandwich W/ Gravy</i> Pineapple Chicken Salad <i>Cheesy Mashed</i> <i>Potatoes</i> Pasta Salad <i>California Blend Veg</i> <i>Pineapple Cheesecake</i> <i>Iced Tea (Unsweet)</i> Water	<i>Curry Chicken</i> Herb Baked Fish <i>Cilantro Rice</i> Copy of Corn Bread Dressing <i>Green Peas</i> Steamed Cauliflower <i>Dinner Roll</i> <i>Tropical Fruit Salad</i> <i>Iced Tea (Unsweet)</i> Water	<i>Baked Pork Chop</i> Turkey Burger On Bun <i>Copy of Corn Bread</i> <i>Dressing</i> Low Na Oven Roasted Potatoes <i>Ls Sliced Carrots</i> Sea. Brussel Sprouts <i>Bread</i> <i>Baked Sliced Apples</i> <i>Iced Tea (Unsweet)</i> Water	<i>Dipped Salmon</i> <i>Croquettes</i> Chicken Taco Salad <i>Pasta With Cheese</i> <i>Sugar Snap Peas</i> <i>Bread stick</i> <i>Mandarin Oranges</i> <i>Iced Tea (Unsweet)</i> Water	<i>Turkey Pot Pie</i> (Ls) Beef Burgundy <i>Couscous</i> Easy Egg Noodles <i>Mar Cucumber Salad</i> Carrots <i>Dinner Roll</i> <i>Banana Pudding</i> <i>Dessert</i> <i>Iced Tea (Unsweet)</i> Water	<i>Breaded Baked Fish</i> Roast Beef Sandwich <i>French Fries</i> Cool Corn Salad <i>Broccoli</i> Ls Green Beans <i>Southern Hush</i> <i>Puppies (pkg)</i> <i>Cherry Torte Bar</i> <i>Iced Tea (Unsweet)</i> Water	<i>Bacon Cheeseburger</i> <i>Baked Beans</i> Bu. Macaroni <i>Creamy Coleslaw</i> Squash Casserole <i>Ice Cream Sandwich</i> <i>Iced Tea (Unsweet)</i> Water
Dinner:Regular						
<i>Cornflake Chicken</i> Maple Mustard Glazed Pork Roast <i>Black-Eyed Peas</i> Quinoa <i>Buttered White Turnips</i> Diced Beets <i>Dinner Roll</i> <i>Watermelon</i> <i>Iced Tea (Unsweet)</i> Water	<i>Ham Sandwich</i> Hamburger Steak <i>Cool Corn Salad</i> Sweet Potato Fries <i>Roasted Zucchini -</i> <i>Fresh Vegetables</i> Sugar Snap Peas <i>Bread Pudding</i> <i>Iced Tea (Unsweet)</i> Water	<i>Low Na Swedish</i> <i>Meatballs</i> Cottage Cheese& Fruit Plate <i>Easy Egg Noodles</i> <i>Green Bean Salad (no</i> <i>Bacon)</i> <i>Dinner Roll</i> <i>Aunt Mary's</i> <i>Butterscotch Squares</i> <i>Iced Tea (Unsweet)</i> Water	<i>Pinto Beans (scratch)</i> Ls Tuna Salad Sandwich Cream Style Corn <i>Tasty Turnip Greens</i> <i>Corn Muffins</i> <i>German Chocolate</i> <i>Cake</i> <i>Stewed Tomatoes</i> <i>Iced Tea (Unsweet)</i> Water	<i>Pork Carnita</i> Breaded Eggplant (pkg) <i>Spanish Rice</i> Parslied Noodles <i>Sauteed Peppers&</i> <i>Onions</i> Broccoli <i>Bread</i> <i>Peaches& Cream</i> <i>Iced Tea (Unsweet)</i> Water	<i>Grilled Cheese</i> <i>Sandwich</i> Copy of Hot Turkey Sandwich W/Gravy Fresh Mushroom Bisque Green Peas <i>Tossed Salad</i> Buttered White Turnips <i>Grapes</i> <i>Iced Tea (Unsweet)</i> Water	<i>Ls Chef Salad With</i> <i>Turkey</i> Pineapple Glazed Pork Loin <i>Black Bean Salad</i> Whole Kernel Corn Savory Spinach <i>Dinner Roll</i> <i>Melon Medley</i> <i>Iced Tea (Unsweet)</i> Water