

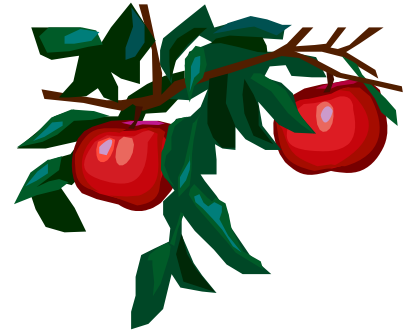
Sunday

Lunch

Corn Chowder

Or

Fresh Garden Salad



Roasted Turkey & Gravy

Or

Spinach Stuffed Sole ♥

Mashed Potatoes

Butternut Squash



Apple Pie

Sugar Free Apple Pie

Dinner

Soup du Jour

Or

Fresh Garden Salad

Grilled Chicken Sandwich with Tomato

Garden Salad

Baked Chicken or Fish ♥

Ice Cream Sundae

Sugar Free Ice Cream





Monday
Lunch
Cabbage Soup
Or
Fresh Garden Salad

“Add stuffing type here” Stuffed Chicken

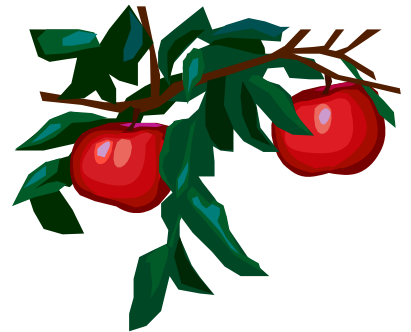
Or

Beef Stroganoff with Vegetables ♥

Fluffy White Rice

Sliced Carrots

Gingerbread Cake
Sugar Free Spice Cake



Dinner

Soup du Jour

Or

Fresh Garden Salad



Crab Cakes
Tartar Sauce
Baked Beans
Sautéed Mushrooms
Baked Chicken or Fish ♥

Vanilla Cake
Sugar Free Cake



**Tuesday
Lunch
French Onion Soup
Or
Fresh Garden Salad**

**Baked Seafood Casserole
Or
Garden Turkey Burger ♥
Lettuce & Tomato
Baked Potato
Corn**

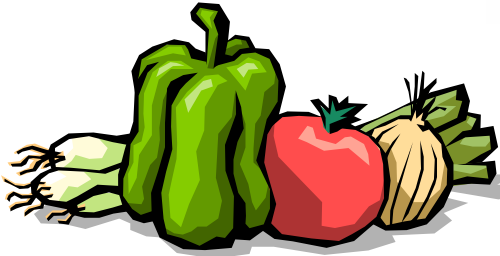


**Cherry Pie
Sugar Free Cherry Turnover**

**Dinner
Soup du Jour
Or
Fresh Garden Salad
Steak & Cheese Sandwich
Mixed Vegetables
Baked Chicken or Fish ♥**



**Pistachio Pudding
Sugar Free Pudding**



Wednesday
Lunch
Beef Noodle Soup
Or
Fresh Garden Salad

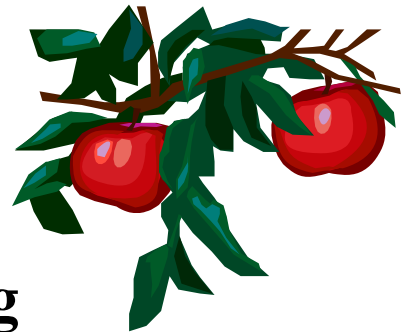
**Baked Cod with Herbed Bread Crumb
Topping**

Or

Grilled Veal Scaloppini ♥

Red Bliss Potatoes

Brussels Sprouts



Bread Pudding

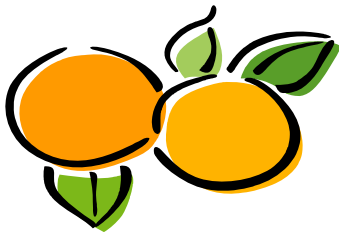
Sugar Free Bread Pudding

Dinner

Soup du Jour

Or

Fresh Garden Salad



Fried Chicken

Warm Cornbread

Buttered Peas & Corn

Baked Chicken or Fish ♥

Strawberry Mousse

Sugar Free Mousse



Thursday

Lunch

Chicken Vegetable Soup

Or

Fresh Garden Salad

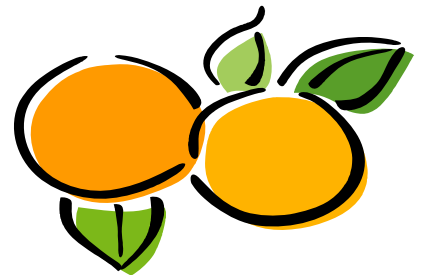
Stuffed Peppers

Or

Fruity Pork Medallions ♥

Buttered Egg Noodles

Peas & Carrots



Carrot Cake

Sugar Free Carrot Cake



Dinner

Soup du Jour

Or

Fresh Garden Salad

Shepherd's Pie

Sliced Zucchini

Baked Chicken or Fish ♥

Pineapple Upside Down Cake

Sugar Free Cake

Friday

Lunch

Fish Chowder

Or

Fresh Garden Salad

Rotisserie Chicken

Or

Shrimp & Mushrooms ♥

Herbed Rice

Spinach

Blueberry Pie

Sugar Free Blueberry Crumb Pie

Dinner

Soup du Jour

Or

Fresh Garden Salad

Fried Fish Sandwich

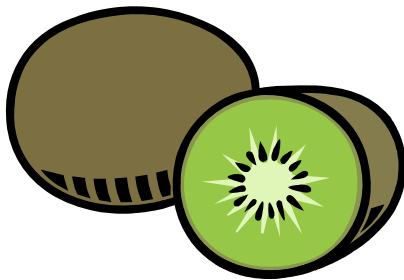
French Fries

Coleslaw

Baked Chicken or Fish ♥

Strawberry Shortcake

Sugar Free Strawberry Shortcake



Saturday

Lunch

Vegetable & sweet basil Soup

Or

Fresh Garden Salad



New England Boiled Dinner

Or

Chicken Florentine with Fresh Mushrooms ♥

Boiled Potatoes

Turnip



Tiramisu

Sugar Free Chocolate Cream Puff

Dinner

Soup du Jour

Or

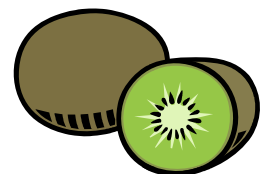
Fresh Garden Salad

Turkey Swiss Melt

Home Fried Potatoes

Steamed Broccoli

Baked Chicken or Fish ♥



Chef's Special

Sugar Free Dessert