

SAMPLE Life Time Menu

Monday

Tuesday

Wednesday

Thursday

Friday



1
Pepper Casserole
Garlic Mashed
Potatoes
Carrots
Wheat Bread
Pudding
Milk

2
Turkey Chef Salad
Mixed Greens
Vegetable Soup
Dinner Roll
Jello
Chocolate Milk

3
Vegetable Lasagna
w/ Pasta sauce
Tossed Salad
Garlic Bread
Cake w/ Topping
Fruit Cocktail
Milk

6
Chicken Primavera
Blended Vegetables
Noodles
Bread Sticks
Mixed Fruit
Milk

7
Glazed Ham
Sweet Potatoes
Peas & Carrots
Dinner Roll
Cookie
Milk

8
Baked Meat Loaf
& Gravy
Baked Potatoes
Beets
Bread Fruit
Milk

9
Cheese Lasagna
Roll Ups
Tossed Salad
Italian Bread
Chocolate Milk

10
Tuna Salad Sand.
w/ Lettuce and
Tomato
Potato Salad
Beets
Peaches
Milk

13
BBQ Ribette
Hash Browns
Green Beans
Bun
Pineapple
Milk

14
Cheese Burger w/
Lettuce & Tomato
Potato Soup w/ Crackers
Fruit
Milk

15
Chicken Alfredo
Noodles & Broccoli
Bread
Applesauce
Milk

16
Corned Beef & Cabbage
Parsley Potatoes
Green Beans
Dinner Roll
Pistachio Pudding
Cookie
Chocolate Milk

17
Salmon Croquette
Parmesan Garlic Noodle
Peas
Wheat Bread
Fruit
Milk

20
Pepper Steak
Gravy
Mashed Potatoes
Carrots
Wheat Bread
Pears
Milk

21
Grilled Chicken Salad
Cream of Broccoli Soup
Dinner Roll
Jell w/ Fruit
Milk

22
Burgundy Glaze
Meatballs
Rice
Brussel Sprouts
Italian bread Sticks
Mandarin Oranges
Milk

23
Hawaiian Pork Loin
Buttered Noodles
Blended Veggies
Fruit
Cookie
Chocolate Milk

24
Breaded Fish
Mac & Cheese
Stewed Tomatoes
Wheat Bread
Fruit
Milk

27
BBQ Chicken Breast
Brown Rice
Cole slaw
Wheat Bread
Orange
Milk

28
Western Omelet
Sausage Patty
Breakfast Potatoes
English Muffin w/Jelly
Apple Juice
Milk

29
Pot Roast
w/ Gravy
Mashed Potatoes
Carrots
Italian Bread
Cookie
Milk

30
Spaghetti w/ Meatballs
Marinara Sauce
Tossed Salad
Garlic Bread Sticks
Mixed Fruit
Chocolate Milk

31
Fish Sandwich
Vegetable Soup
Garlic Noodles
Peaches
Milk