

# Park Avenue

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>							
<b>Juice</b>	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
<b>Cereal</b>	Oatmeal	Cream of Wheat	Maypo	Oatmeal	Cream of Wheat	Maypo	Oatmeal
<b>Main</b>	Cheese Omelet Sausage Toast	Hard boiled egg Toast Banana	Belgium Waffles Syrup	Scrambled Eggs Toast Bacon	French Toast Syrup	English Muffin Fried Eggs Bacon Toast	Pancakes Syrup
<b>Beverage</b>	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk
<b>Lunch</b>							
<b>Main Entree</b>	Roast Turkey & Gravy Mashed Potato Cranberry sauce Butternut Squash	Spaghetti & Meatballs Garden salad Garlic bread	Honey Glazed Chicken Roasted Potatoes Mixed Vegetables	Meatloaf & Gravy Mashed Potato Spinach	Boneless Pork Chop Broccoli White rice	Baked Haddock Spinach Parmesan Potatoes	Chicken Marsala Broccoli Angel Hair Pasta
<b>Alternate</b>	Salisbury Steak Brussel Sprouts	Herb Baked fish Green Beans	Cheeseburger Corn	Liver & Onions Stewed Tomatoes	Veal Patty Cream Corn	Chicken Quarter Yellow Squash	Baked Turkey loaf Mashed potatoes Butternut squash
<b>Dessert</b>	Pumpkin pie	Ice Cream	Iced Brownie	Strawberry Shortcake	Chocolate Chip Cookie	Peach Melba	Chocolate Mousse
<b>Beverage</b>	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk
<b>Supper</b>							
<b>Main Entree</b>	Bountiful Veggie Soup  Sliced Ham Sandwich Three bean salad	Chicken Noodle Soup  Tuna Sandwich Beet salad	Tomato Soup  Macaroni & Cheese Winter Vegetables	Minestrone Soup  Chicken Salad Sandwich Potato salad Coleslaw	Chicken & Rice Soup  Monte Cristo Sandwich Zucchini	Split Pea Soup  Grilled Cheese Slices Tomatoes	Veggie Beef Soup  Seafood Salad Marinated Beets
<b>Alternate</b>	Pizza Garden Salad	Chicken Sandwich Lettuce & Tomato	Sliced Turkey Sandwich Carrot Raisin Salad	Manicotti & Sauce Green Beans	Vegetable Quiche Carrots	Egg Salad Sandwich Garden Salad	Hot Dog Baked beans Brown Bread
<b>Dessert</b>	Spiced Pears	Baked apple slices	Jell-O Parfait	Fruit cup	Mandarin Oranges	Iced yellow cake	Peaches
<b>Beverage</b>	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk

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<b>Cereal</b>	Oatmeal	Cream of Wheat	Maypo	Oatmeal	Cream of Wheat	Maypo	Oatmeal
<b>Main</b>	Cheese Omelets Sausage	Hard Boiled Egg Toast Banana	Waffles Syrup	Scrambled Eggs Toast Bacon	French Toast Syrup	English Muffin Fried Eggs Sausage	Pancakes Syrup
<b>Beverage</b>	Margarine/Jelly Coffee, Tea and Milk	Margarine/Jelly Coffee, Tea and Milk	Margarine/Jelly Coffee, Tea and Milk	Margarine/Jelly Coffee, Tea and Milk	Margarine/Jelly Coffee, Tea and Milk	Margarine/Jelly Coffee, Tea and Milk	Margarine/Jelly Coffee, Tea and Milk
<b>Lunch</b>							
<b>Main Entree</b>	Yankee Pot roast Carrots & Celery Baked Potato	Herb Roasted Chicken Cranberry sauce Whipped Potatoes Brussel Sprouts	Roast Pork and Gravy Oven Brown Potato Carrots	Beef Stroganoff Egg Noodles Peas	Chicken Kiev Baked Sweet Potato Green Beans	Poached Salmon Brown Rice Spinach	Corned Beef Cabbage Boiled Red Potatoes
<b>Alternate</b>	Baked chicken Corn	Stuffed Shells Garden Salad Garlic Bread Ice Cream	Baked Fish Butternut Squash	Chicken Tenders Beets	Baked Ham Mixed Veg.	Hot Turkey Sandwich Cranberry sauce Yellow Squash Rice Pudding	Cheese Manicotti Italian Vegetables
<b>Bread</b>	Apple Pie		Bread Pudding	Chocolate Fudge Cake	Oatmeal Raisin Cookies		Lemon Squares
<b>Dessert</b>							
<b>Beverage</b>	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk
<b>Supper</b>							
<b>Soup</b>	Onion Soup	Bountiful Veggie Soup	Tomato Rice	New Eng. Clam Chowd	Navy Bean Soup	Chicken Noodle	Cream of Broccoli
<b>Alternate</b>							
<b>Main Entree</b>	Oven Fried Fish Sand. Coleslaw	Salmon Salad Sandwich French Fries	Fried Egg Sandwich Home Fried Potato	Seafood Salad Sand Waldorf Salad	Grilled Corned Beef Wax Beans	Tuna Melt Potato Chips	Chicken Pot Pie Stewed Tomatoes
<b>Alternate</b>	Ham Salad Sandwich Cucumber Salad	Sloppy Joe on Bun Winter Vegetables	Sliced Turkey Green beans	Grilled Cheese & Tomato Zucchini	Egg Salad Garden Salad	Pizza Turnover Caesar Salad	Hot Dog Baked Beans
<b>Dessert</b>	Vanilla Pudding	Banana Cake	Cherry Cobbler	Lemon/Lime Jell-O	Apricots	Fruit Cocktail	Chilled Pears
<b>Beverage</b>	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk	Coffee, Tea and Milk

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<b>Main</b>	Cheese Omelets Sausage	Hard Boiled Egg Toast Banana	Waffles Syrup	Scrambled Eggs Toast Bacon	French Toast Syrup	English Muffin Fried Eggs Sausage Toast	Pancakes Syrup
<b>Beverage</b>	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk
Lunch							
<b>Main Entree</b>	Baked Ham Raisin Sauce Green Bean Casserole Mash Sweet Potato	Cheese Lasagna Garden Salad Garlic Bread	Chicken Cordon Bleu Sugar Snap Peas Orange Rice	Boneless Pork Chop Stuffing Broccoli Spiced Apple Rings	Cheeseburger Lettuce and Tomato Coleslaw Potato Wedges	New England Bake Scrod with Lemon Butter Rice Pilaf Whole Green Beans	Baked Stuffed Chicken Herb Roasted Potato Vegetable Blend
<b>Alternate</b>	Sliced Turkey Brussel Sprouts	Roast Beef & Gravy Mash Potato Winter Vegetable	Lamb with Mint Jelly Mash Potato Carrots	Stuffed Pepper Vegetable Salad	Chicken Tenders Blended Vegetable	Baked Ziti & Meat Sauce Garden Salad	Baked Ham and Pineapple Broccoli
<b>Dessert</b>	Cheesecake	Ice Cream	Mandarin Oranges	Frosted Yellow Cake	Sherbet	Lemon Meringue	Chocolate Pudding
<b>Beverage</b>	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk
Supper							
<b>Soup</b>	Beef Noodle Soup	Bountiful Veggie Soup	Lentil Soup	Tomato Soup	Chicken Gumbo	Clam Chowder	Butternut Squash Soup
<b>Main Entree</b>	Patty Melt Sandwich Broccoli	Italian Sub Carrot Raisin Salad	Turkey Salad Sandwich Potato Salad	Grilled Cheese French Beans	Sliced Turkey Sandwich Veg. Peas	Grilled Chicken Pattie Whipped Potato Corn	Corned Beef & Swiss Rye Bread/Mustard Potato Chips
<b>Alternate</b>	Shrimp Salad Sandwich Wax Beans	Egg Salad Sandwich Potato Chips	Fried Fish Sandwich Corn	Ham Salad Sandwich Beets	Spinach & Cheese Quiche Yellow Squash	North Shore Fish Cakes Stewed Tomato	Turkey Chow Mein Steamed Rice Baby Carrots
<b>Dessert</b>	Chilled Peaches	Baked Apples	Choc. Chip Cookie	Chilled Pears	Pineapple Spice Cake	Apricots	Peaches
<b>Beverage</b>	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk

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Beverage	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk	Margarine/Jelly Coffee, Tea or Milk
Lunch							
Main Entree	Roast beef & gravy Mashed Potatoes Peas & Carrots	Chicken Parmesan Spaghetti Italian Vegetable blend garlic bread	Turkey Divan Rice Pilaf	Honey Glazed Roast Pork Sweet Potatoes Brussel sprouts	Chicken Marsala Wild Rice Asian Vegetable	Seafood Casserole Egg Noodles Carrots	Beef & broccoli Rice
Alternate	Baked Haddock Zucchini	Oriental Pepper Steak Rice Tossed Salad	Meatloaf Whipped Potatoes Spinach	Stuffed Shells Garden Salad	Beef & Vegetable Stew Beets	Vegetable Lasagna Green Beans	Turkey Croquettes Baked Potato Baked Squash
Dessert	Blueberry pie	Ice cream	Pineapple	Devil's Food Cupcakes	Butterscotch Pudding	Apple brown Betty	Peach Crisp
Beverage	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk
Supper							
Soup	Tomato soup	Vegetable soup	Chicken Veggie Soup	Corn Chowder	Beef Noodle Soup	Green Split Pea	Fish chowder
Crackers							
Main Entree	Baked Chicken Quarters Three Bean salad	Ham Sandwich Cole Slaw Lettuce and Tomato	Tuna Salad Sandwich Sliced Tomatoes	Turkey Club Wax Beans	Grilled Cheese and Tomato French Green Beans	Grilled Chicken Sandwich Lettuce and Tomato Zucchini	Toasted BLT Veggie Salad Potato Chips
Alternate	Egg Salad sandwich Marinated Tomato Salad	Hot Turkey sandwich Gravy Green Beans	Pancakes & sausage	Cheese & Mushroom Quiche Broccoli	Fettuccine Alfredo Peas	Philly Cheese Steak French fries	Vegetable pizza Caesar Salad
Dessert	Pears	Ginger Bread w/topping	Angel food cake Strawberry Sauce	Mandarin Oranges	Fruit Cocktail	Sugar Cookies	Hawaiian Delight
Beverage	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk	Coffee, Tea or Milk