

# ALTERNATES

DECEMBER 9<sup>TH</sup>, 2012

## TRADITIONAL LUNCH ALTERNATES

EGG SALAD

HOT OATMEAL W/ APPLESAUCE

SLICED OVEN ROAST CHICKEN

GRILLED HAM & CHEESE

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## DINNER ALTERNATES

SEASONED CHICKEN BREAST

BAKED COD FISH CAKES

EGGPLANT PARMESEAN

BAKED SWEET POTATO

## COLONY RETIREMENT HOMES III



DECEMBER 9<sup>TH</sup>, 2012

SUNDAY DINNER

12:30 p.m.

FRESH FRUIT CUP

CORNFLAKE CRUSTED CHICKEN W/ SAUCE

GARLIC MASHED POTATO

BROCCOLI & CAULIFLOWER

## SANDWICHES

*(Bag Lunch)*

1. OLIVE LOAF

2. ROAST BEEF

3. BOLOGNA

W/ ASSORTED SNACKS & FRESH FRUIT

**MONDAY - SATURDAY: 11:30 a.m.**  
**SUNDAY: 12:30 p.m.**

**SALAD BAR AVAILABLE: 4:15 p.m**  
**MONDAY - SATURDAY: 4:30 p.m.**  
*(Juice served once daily)*

**LUNCH**

**MONDAY**  
 10  
 SAVORY VEGETABLE & BARLEY SOUP  
 GRILLED MEATLOAF & PROVALONE  
 BBQ POTATO CHIPS

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**TUESDAY**  
 11  
 BEEF RICE SOUP  
 CHICKEN SALAD ON WHEAT  
 SEASONED HOME FRIES

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**WEDNESDAY**  
 12  
 CREAM OF CARROT SOUP  
 EGG & CHEESE BISCUIT  
 FRUIT CUP

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**THURSDAY**  
 13  
 VEGETABLE SOUP W/ LENTILS  
 LOADED BAKED POTATO W/  
 BACON, CHEESE, CHIVES, SOUR CREAM

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**FRIDAY**  
 14  
 CLAM CHOWDER  
 GRILLED CHEDDAR ON COUNTRY WHITE  
 BEER BATTERED ONION RINGS  
 BREAD AND BUTTER PICKLES

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**SATURDAY**  
 15  
 ORANGE JUICE  
 WHOLE GRAIN BANANA PANCAKES  
 W/ MAPLE SYRUP  
 MELON WEDGE

**DINNER**

**MONDAY**  
 TURKEY & VEGETABLE STEW  
 HOT BUTTERED BISCUIT  
 CRANBERRY SAUCE

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**TUESDAY**  
 POLISH MENU NIGHT  
 BOILED KIELBASA LINK  
 HOMEMADE POTATO PANCAKES  
 BRAISED RED CABBAGE W/ APPLES

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**WEDNESDAY**  
 HOMEMADE ITALIAN MEAT LASAGNA  
 MANHATTAN BLEND VEGETABLES  
 GARLIC STICK

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**THURSDAY**  
 BONELESS CHICKEN BRUSHETTA  
 SEASONED BROWN RICE  
 FRENCH GREEN BEANS

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**FRIDAY**  
 BAKED HADDOCK  
 SCALLOPED POTATOES  
 ORANGE BEETS

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**SATURDAY**  
 HOMEMADE SHEPHERDS PIE W/  
 BURGER, CORN, POTATOES  
 SPICED APPLE GARNISH

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**DAILY DESSERT OFFERINGS**

FRESH FRUIT  
 SUGAR-FREE JELL-O  
 REDUCED -CALORIE PUDDING  
 DESSERT-OF-THE-DAY