	Week 1			Tabor Home Week 1	1			
MEAL	FOOD ITEM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
t 8:30	JUICE / FRUIT HOT ITEM	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat			
Breakfast 8:00 &	COLD CEREAL	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes			
akfas	BREAD ITEM	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast	white toast	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast
Brea	SPREAD	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey
	PROTEIN	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese
2:30	SOUP	Cabbage Borscht	Cream of Broccoli Soup	Hamburger Soup	Green Bean Soup	Lasagna Soup	Cream of Mushroom Soup	Chicken noodle soup
& 1	ENTREE	Scrambled Eggs	Pizza Bun	Sausage burgers	Grilled Turkey sandwich	Country Chicken	Egg Salad Sandwich	Ham & Cheese Sandwich
Lunch 12:00	POTATO/PASTA/RICE	Waffles & White sauce				Seasoned Fries		
hor	SALAD/OTHER		Tossed Salad	Carrot Raisin Salad	Beet Pickles	Coleslaw	Cucumber Salad	Sweet Pickles
Lur	DESSERT	Strawberries	Ambrosia	Tapioca Pudding	Fruit Cocktail	Blueberry Crisp	Cherry Cha Cha	Ice Cream Sundae
P.M. Snack	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
2:00	SNACK 2	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,
00	ENTREE	Chicken Fingers	Meat Sauce	Shake and Bake Chicken	Lasagna	Roast Pork	Chicken Fried Rice	Taco Bake
) & 5:00	POTATO/PASTA/RICE GRAVY/MISC	Mashed Potatoes Gravy	Shell Pasta	Mashed Potatoes Chicken Gravy	Breadstick	Mashed Potatoes Gravy		
4:3(VEGETABLE	Yellow Beans & Carrots	Peas & Carrots	Mixed Vegtables	Caesar Salad	Green Beans		Mexican Corn
Supper 4:30	SALAD/OTHER							
Sup	DESSERT	Chef's Choice	Rhubarb Delight	Apple Pie	Carrot Cake	Banana Cream Pie	Layered Pudding Dessert	Pineapple Square
H.S.	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
Snack 7:00	SNACK 2	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich

	Week 2		•	Tabor Home Week E	?			
MEAL	FOOD ITEM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0	JUICE / FRUIT	Assorted juices						
8:30	HOT ITEM	Oatmeal, Cream of	Oatmeal, Cream of	Oatmeal, Cream of	Oatmeal, Cream of	Oatmeal, Cream of Wheat	Oatmeal, Cream of	Oatmeal, Cream of
ళ		Wheat Rice Krispies, Cheerios,	Wheat Rice Krispies, Cheerios,	Wheat Rice Krispies, Cheerios,	Wheat Rice Krispies, Cheerios,		Wheat Rice Krispies, Cheerios,	Wheat Rice Krispies, Cheerios,
00	COLD CEREAL	Bran flakes, Corn	Bran flakes, Corn	Bran flakes, Corn	Bran flakes, Corn	Rice Krispies, Cheerios,	Bran flakes, Corn	Bran flakes, Corn
t 8:		Flakes	Flakes	Flakes	Flakes	Bran flakes, Corn Flakes	Flakes	Flakes
ast	BREAD ITEM	60% Whole wheat toast,						
Breakfast 8:00	BREADTIEM	white toast						
Bre	SPREAD	Strawberry jam, peanut						
_	PROTEIN	butter, honey poached egg, cheese						
& 12:30	SOUP	Taco Soup	Cream of Carrot Soup	Tomato Macaroni Soup	Chicken Chowder	Bean & Bacon Soup	Chicken Rice Soup	Bacon Potato Soup
12:	ENTREE	Bacon		Chicken Salad	Denver	Pershkey (Meat Buns)	Grilled Cheese	Baked Weiners and
8 8		Bacon			Denver	r ersnikey (mear buils)	Sandwich	Beans
00:	POTATO/PASTA/RICE	Pancakes	Macaroni & Cheese	Homemade Whole Wheat Bun	Pickles			
Lunch 12:00	SALAD/OTHER		Tomato slices	Wheat Dun		Tossed Salad	Pickles	
nch		Peaches	Orange Mandarin Salad	Rice Pudding	Fruit Cocktail	Rice Krispie Cake	Mandarin Orange Cake	24 Hour Fruit Salad
Lu	DESSERT	reaches	Orange Manualin Salau	Rice Fuduling	Fiul Cockiali	Rice Risple Cake	Manualin Orange Cake	24 Hour Fruit Salau
		fresh fruit, cookies,	freeh fruit eestige	fresh fruit, cookies,	freeh fruit eestige		freeh fruit eestige	freeh fruit eeskies
P.M. Snack	SNACK 1	yogurt	fresh fruit, cookies, yogurt	yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
2:00	SNACK 2	pudding, cheese,						
	ENTREE	Grilled Chicken	Baked Cod	Meat Loaf	Sweet and Sour		Baked Ham	Roast Beef
0	ENIKEE	Grilled Chicken	Dakeu Cou	Meat Loai	Meatballs	Turkey Schnitzel	Dakeu Halli	Rudsi Deel
5:00	POTATO/PASTA/RICE	Fettucini Alfredo	Tater Tots	Mashed Potatoes	Mashed Potatoes	Seasoned Potato Wedges	Scalloped Potatoes	Gourmet Potatoes
ంర	GRAVY/MISC			Gravy	Brown Gravy	Turkey Gravy		Brown Gravy
Supper 4:30	VEGETABLE	Broccoli	San Francisco Mixed	Yellow Beans & Carrots	Peas & Carrots	Mixed Vegetables	Montego Mixed	California Mixed
er	_	Brooodii	Vegetables	Tenew Dound & Carrols		Mixed Vogetabled	Vegetables	Vegetables
ddr	SALAD/OTHER							
SI	DESSERT	Chef's Choice	Cherry Cheesecake	Lemon Pie	Marshmallow Square	Pumpkin Pie	Chocolate Oatmeal Cake	Ice Cream Treat
	-							
H.S.	SNACK 1	fresh fruit, cookies,	fresh fruit, cookies,	fresh fruit, cookies,	fresh fruit, cookies,	fresh fruit, cookies, yogurt	fresh fruit, cookies,	fresh fruit, cookies,
H.S. Snack		yogurt	yogurt	yogurt	yogurt		yogurt	yogurt
7:00	SNACK 2	pudding, cheese, sandwich						
		Sanuwich	Sanuwich	Sanuwich	Sanuwich	Sanuwich	Sanuwion	Sanuwich

	Week 3		•	Tabor Home Week B	3			
MEAL	FOOD ITEM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	JUICE / FRUIT HOT ITEM	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat			
Breakfast 8:00 &	COLD CEREAL	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes			
akfas	BREAD ITEM	60% Whole wheat toast, white toast	white toast	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast			
Brea	SPREAD	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey
	PROTEIN	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese
12:30	SOUP	Mennonite Vegetable Soup	Cheeseburger Soup	Beet Borscht	German Potato Soup	Cream of Cauliflower Soup	Cabbage Borscht	Plumi Mouse
ంర	ENTREE	Breakfast Sausage	Reuben Sandwich on Rye	Hamburger	Quiche	Pizza	Chicken Salad Sandwich	Garlic Sausage
12:00	POTATO/PASTA/RICE	Waffles in White Sauce		French Fries				Homemade Whole Wheat Bun
Lunch 12:00	SALAD/OTHER		Cabbage Apple Salad		Shredded Cucumber Salad	Greek Salad	Pickles	Potato Salad
Γſ	DESSERT	Strawberries	Lemon Square	Butterscotch Pudding	Bread Pudding	Pineapple Whip	Cottage Cheese Fruit Salad	Raspberry Mousse
P.M. Snack 2:00	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
2.00	SNACK 2	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,
	ENTREE	Shepherd's Pie	Farmer Sausage	Lemon Garlic Chicken	Tater Tot Casserole	Roast Turkey	Beef Stew	BBQ Chicken
: 5:00	POTATO/PASTA/RICE	Homemade Whole Wheat Bread	Mashed Potatoes	Mashed Potatoes		Mashed Potatoes	Yorkshire Pudding	Mashed Potatoes
0 &	GRAVY/MISC		Cream Gravy	Brown Gravy		Gravy		Chicken Gravy
4:3	VEGETABLE	Tossed Salad	Green & Yellow Beans	Bistro Mixed Vegetables		Glazed Carrots		Peas & Carrots
Supper 4:30	SALAD/OTHER				Tossed Salad Angel Food Cake with		Tossed Salad	
Sul	DESSERT	Chef's Choice	Cream Puffs	Banana Cream Tart	Strawberries	Rhubarb Delight	Ice Cream treat	Brownies
H.S.	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
Snack 7:00	SNACK 2	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich

	Week 4		•	7abor Home Week 4	4			
MEAL	FOOD ITEM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0	JUICE / FRUIT	Assorted juices	Assorted juices	Assorted juices	Assorted juices	Assorted juices	Assorted juices	Assorted juices
& 8:30	HOT ITEM	Oatmeal, Cream of Wheat	Oatmeal, Cream of Wheat	Oatmeal, Cream of Wheat	Oatmeal, Cream of Wheat	Oatmeal, Cream of Wheat	wheat	Oatmeal, Cream of Wheat
Breakfast 8:00 {	COLD CEREAL	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes			
akfas	BREAD ITEM	60% Whole wheat toast, white toast	white toast	white toast	60% Whole wheat toast, white toast	white toast	white toast	60% Whole wheat toast, white toast
Bre	SPREAD	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey
	PROTEIN	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese
12:30	SOUP	Somma Borscht	Beef Noodle Soup	Cream of Carrot Soup	Butter Soup	Wild Rice Soup	Creamy Mennonite Soup	Cheesy Vegetable Chowder
& 1	ENTREE	Bacon	Chicken Fingers	Sloppy Joe's	Chicken Pot Pie	Egg Salad Sandwich	Chicken Burger	Bologna
	POTATO/PASTA/RICE	Pancakes	Seasoned Potato	Homemade Whole Wheat Bun	Chicken Gravy			Homemade Whole
12:(SALAD/OTHER		Wedges	Cucumber Salad	Coleslaw	Pickles	Tossed Salad	Wheat Bun Macaroni Salad
Lunch 12:00	DESSERT	Peaches & Whipped Cream	Fruit Cocktail	Cherry Salad	Strawberry Chiffon Dessert	Cupcakes	Trifle	Chocolate Pudding
P.M. Snack	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
2:00	SNACK 2	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,
8	ENTREE	Chicken Stir Fry	Baked Ham	Smothered Chicken	Sweet & Sour Pork	Farmer Sausage	Cod Nuggets	Lazy Mans Cabbage Roll
8.5:00	POTATO/PASTA/RICE GRAVY/MISC	Guatemalan Rice	Buttered Noodles Cream Gravy	Gourmet Potatoes	Mashed Potatoes Sweet & Sour Sauce	Kielke Cream Gravy	Mashed Potatoes Gravy	Mashed Potatoes Brown Gravy
Supper 4:30	VEGETABLE		Carrots	Bistro Mixed Vegetables	California Mixed Vegetables	Fried Onion	Broccoli	Sliced Carrots
pper	SALAD/OTHER					Tiramisu Mousse with		
Su	DESSERT	Chef's Choice	Banana Cake	Chocolate Pie	Lazy Daisy Cake	Wafer Cookie	Lemon Tart	Diced Pears
H.S.	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
Snack 7:00	SNACK 2	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich

	Week 5		•	7abor Home Week S	5			
MEAL	FOOD ITEM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	JUICE / FRUIT HOT ITEM	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat	Assorted juices Oatmeal, Cream of Wheat			
Breakfast 8:00 &	COLD CEREAL	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes	Rice Krispies, Cheerios, Bran flakes, Corn Flakes			
akfas	BREAD ITEM	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast	60% Whole wheat toast, white toast			
Brea	SPREAD	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey	Strawberry jam, peanut butter, honey
	PROTEIN	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese	poached egg, cheese
12:30	SOUP	Cabbage Roll Soup	Ham Chowder	Tomato Macaroni Soup	Perogy Soup	Creamy Chicken Parmesan Soup	Chicken Noodle Soup	Somma Borscht
ంర	ENTREE	Breakfast Sausage		Hot Beef on a Bun	Toasted Tomato Sandwich	Sliced Turkey	Country Chicken	Cold Ham
Lunch 12:00	POTATO/PASTA/RICE	Pancakes	Macaroni & Cheese		Tossed Salad	Homemade Whole Wheat Bun	Potato Puffs	Whole Wheat Bun
h 1	SALAD/OTHER		Broccoli	Tossed Salad	Cheese Slices	Cucumber Slices	Coleslaw	Potato Salad
Lunc	DESSERT	Chocolate Mousse	Sherbet	Matimonial Cake	Donut	Black Cherry Ice Cream	Banana Pudding	Peach Bavarian
P.M. Snack	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
2:00	SNACK 2	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,	pudding, cheese,
0	ENTREE	Meatballs in Mushroom Sauce	Salisbury Steak	Farmer sausage	Parmesan Chicken	Baked Cod	Veal Cutlet	Roast Chicken
& 5:00	POTATO/PASTA/RICE	Mashed Potatoes	Mashed Potatoes	Perogies	Seasoned Potato Wedges	Mashed Potatoes	Gourmet Potatoes	Mashed Potatoes
1:30	GRAVY/MISC VEGETABLE	Brown gravy California mixed	Beef Gravy Fall Medley Mixed	Cream Gravy		Gravy		Brown Gravy Montego Mixed
Supper 4:30	SALAD/OTHER	vegetables	Vegetables Fried Onions	Fried Onions	Mixed Vegetables	Coleslaw	Tossed Salad	Vegetables
Sup	DESSERT	Chef's Choice	Apple Crisp	Rhubarb Sauce (Stewed Rhubarb)	Choclate Cake with Vanilla Icing	Cinnamon Buns	Jelly Roll	Banana Bread
H.S.	SNACK 1	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt	fresh fruit, cookies, yogurt
Snack 7:00	SNACK 2	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich	pudding, cheese, sandwich