

2017		The Waterford in Smyrna						Week
Meal	Sunday December 10	Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14	Friday December 15	Saturday December 9	
B R E A K F A S T	Juice of Choice Hot Cereal Breakfast Meat Pancakes or Waffles Margarine Syrup Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Biscuit with Sausage Gravy Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Cinnamon Roll Milk Coffee or Hot Tea	
L U N C H	Oven fried Pork chop Black-Eyed Peas Steamed Cabbage Cornbread Chess Pie	Pan Seared Ham Steak Macaroni and Cheese Mixed Greens Cornbread Coconut Cake	Fried Shrimp Cocktail and Tartar Scalloped Potatoes Brussels Sprouts Roll Lemon Pie	Chicken Cordon Bleu Rice Pilaf Cauliflower Au Gratin Roll Blonde Brownie	Fried Catfish Filet Pinto Beans Fried Okra Cornbread Cherry Cobbler	Prime Rib of Beef Au Jus Twice Baked Potato Green beans Roll Lemon Cake	Chicken Tenders French Fries Cole Slaw Roll Cookie	
A L T	Marinated Chicken Breast	Stuffed Cabbage Roll	Meat Lasagna	Hot Dog on Bun	Chicken and Dumplings	Chicken Pot Pie	Cheese Burger on Bun	
D I N N E R	Cream of Potato Soup Egg Salad Sandwich Lettuce Tomato Pickle Macaroni Salad Fresh Fruit Iced Brownie	Pizza Cheese or Pepperoni Marinated Green Bean Salad Carrot and Celery Stick Assorted Desserts	Grilled Chicken Breast Sandwich Lettuce Tomato Pickle 3 Bean Salad Fresh Fruit Cup Cookie	Meatball Sub Onion Rings Italian Blend Vegetables Assorted Desserts	Beef Stew Served over Biscuit Seasoned Peas Buttered Carrots Roll Variety Dessert Bar	Salmon Patty Creamy Rice Bake Seasoned Spinach Roll Assorted Desserts	Broiled Tilapia Filet Scalloped Potatoes Liam Beans Roll Cheesecake	
	Cream of Mushroom Soup	Vegetable Soup	Chicken Noodle Soup	Beef Barley Soup	Seven Bean Soup	Vegetable Soup	Cream of Tomato Soup	
A L T	Peanut Butter and Jelly Sandwich	Deli Sandwich	Egg Salad Sandwich	Chicken Salad Sandwich	Grilled Cheese and Bacon Sandwich	Deli Sandwich	Grilled Cheese Sandwich	

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Cycle II, 2008-2009

The Waterford in Smyrna

Week 2

Meal	Sunday Aug-31, Sep-28, Oct-26, Nov-23, Dec-21, Jan-18, Feb-15, Mar-15	Monday Sep-1, Sep-29, Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-16	Tuesday Sep-2, Sep-30, Oct-28, Nov-25, Dec-23, Jan-20, Feb-17, Mar-17	Wednesday Sep-3, Oct-1, Oct-29, Nov-26, Dec-24, Jan- 21, Feb-18, Mar-18	Thursday Sep-4, Oct-2, Oct-30, Nov-27, Dec-25, Jan- 22, Feb-19, Mar-19	Friday Sep-5, Oct-3, Oct-31, Nov-28, Dec-26, Jan- 23, Feb-20, Mar-20	Saturday Sep-6, Oct-4, Nov-1, Nov-29, Dec-27, Jan- 24, Feb-21, Mar-21
B R E A K F A S T	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Biscuit with Sausage Gravy Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Breakfast Meat French Toast Margarine Syrup Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea
L U N C H	Turkey with Apple Normandy Dressing Sweet Whipped Carrots Dinner Roll or Bread Margarine Fruit Cobbler Milk Beverage of Choice	Pork Cutlet Scalloped Potatoes Scandinavian Vegetables Dinner Roll or Bread Margarine Chocolate Chip Cookie Milk Beverage of Choice	Pepper Steak with Gravy Rice Steamed Squash Dinner Roll or Bread Margarine Fruit Cup Milk Beverage of Choice	Baked Chicken Mashed Potatoes with Gravy Seasoned Brussels Sprouts Dinner Roll or Bread Margarine Rosy Pears Milk Beverage of Choice	Roast Beef with Gravy Boiled New Potatoes Vegetable Blend Dinner Roll or Bread Margarine Cake with Creamy Frosting Milk Beverage of Choice	Catfish Fillet O'Brien Potatoes Zucchini Dinner Roll or Bread Margarine Lemon Bar Milk Beverage of Choice	Salisbury Steak Parslied Potatoes Cauliflower Au Gratin Dinner Roll or Bread Margarine Sherbet Milk Beverage of Choice
A L T	Seafood Primavera with Vegetables	Marinated Flank Steak	Sesame Chicken	Country Ham	Roasted Chicken	Sausage Medallions	Herbed Turkey
D I N N E R	Hot Roast Beef Sandwich with Gravy Mashed Potatoes Sliced Beets Ambrosia Milk Beverage of Choice	Chili with Beans Tossed Salad with Dressing Cornbread Margarine Orange Bavarian Cream Milk Beverage of Choice	Vegetable Soup Crackers Stuffed Potato with Cheese Broccoli Harvest Cake Milk Beverage of Choice	Meatsauce over Spaghetti Italian Vegetable Blend Garlic Bread Pudding Swirl Milk Beverage of Choice	Turkey Pot Pie Green Beans Biscuit Margarine Sliced Peaches Milk Beverage of Choice	Chicken Tenders with Dipping Sauce Macaroni and Cheese Stewed Tomatoes Dinner Roll or Bread Margarine Fresh Fruit Milk Beverage of Choice	Ham Sandwich Cool Corn Salad Sweet and Tangy Marinated Vegetables Lime Pineapple Gelatin Milk Beverage of Choice
A L T	Onion Pepper Chicken Dinner Roll or Bread	Turkey Rice Casserole	BBQ Pork Rib Patty on a Bun	Turkey Supreme	Stuffed Green Pepper	Sloppy Joe on Bun	Cottage Cheese and Tomato Muffin
S N K	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers

Cycle II, 2008-2009		The Waterford in Smyrna						Week 3
Meal	Sunday Sep-7, Oct-5, Nov-2, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22	Monday Sep-8, Oct-6, Nov-3, Dec-1, Dec-29, Jan-26, Feb-23, Mar-23	Tuesday Sep-9, Oct-7, Nov-4, Dec-2, Dec-30, Jan-27, Feb-24, Mar-24	Wednesday Sep-10, Oct-8, Nov-5, Dec-3, Dec-31, Jan-28, Feb-25, Mar-25	Thursday Sep-11, Oct-9, Nov-6, Dec-4, Jan-1, Jan-29, Feb-26, Mar-26	Friday Sep-12, Oct-10, Nov-7, Dec-5, Jan-2, Jan-30, Feb-27, Mar-27	Saturday Sep-13, Oct-11, Nov-8, Dec-6, Jan-3, Jan-31, Feb-28, Mar-28	
B R E A K F A S T	Juice of Choice Hot Cereal Breakfast Meat Pancakes or Waffles Margarine Syrup Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Breakfast Meat Cinnamon Roll Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Biscuit with Sausage Gravy Milk Coffee or Hot Tea	
L U N C H	Country Fried Chicken Mashed Potatoes Cream Gravy Zucchini Dinner Roll or Bread Margarine Carrot Cake with Frosting Milk Beverage of Choice	Swiss Steak with Brown Gravy Oven Browned Potatoes Prince Edward Vegetables Dinner Roll or Bread Margarine Iced Brownie Milk Beverage of Choice	Honey Glazed Turkey Whipped Sweet Potatoes Seasoned Cabbage Dinner Roll or Bread Margarine Apple Betty Milk Beverage of Choice	Pot Roast of Beef Potatoes and Carrots Dinner Roll or Bread Margarine Sugar Cookie Milk Beverage of Choice	Garlic Herb Pork Loin Butternut Squash Seasoned Spinach Dinner Roll or Bread Margarine Banana Pudding Dessert Milk Beverage of Choice	Battered Fish on a Bun Baked Beans Creamy Coleslaw Dinner Roll or Bread Forest Pears Milk Beverage of Choice	BBQ Beef Platter Chuckwagon Corn Breaded Okra Dinner Roll or Bread Margarine Mandarin Oranges Milk Beverage of Choice	
A L T	Creamy Dijon Beef Tips	Dixie Chicken	Sliced Baked Ham	Roast Turkey	Steak Diane	Crispy Baked Chicken	Hawaiian Ham Steak	
D I N N E R	Tuna Noodle Casserole Broccoli Dinner Roll or Bread Margarine Spiced Peaches Milk Beverage of Choice	Hungarian Pork Cubes Parslied Rice Seasoned Sugar Snap Peas Dinner Roll or Bread Margarine Fresh Fruit Milk Beverage of Choice	Cheeseburger on Bun Potato Wedges Lettuce, Tomato, Onion, and Pickle Confetti Cake Milk Beverage of Choice	Chicken and Dumplings Green Beans Dinner Roll or Bread Margarine Raspberry Ribbon Delight Milk Beverage of Choice	Cream of Tomato Soup Crackers Grilled Cheese Sandwich Steamed Vegetable Sticks Pineapple Fluff Milk Beverage of Choice	Tator Tot Casserole Tossed Salad with Dressing Dinner Roll or Bread Margarine Peanut Butter Bar Milk Beverage of Choice	Turkey Tetrizzini Italian Vegetable Blend Dinner Roll or Bread Margarine Ice Cream Milk Beverage of Choice	
A L T	Turkey Melt on Bun French Fries	Fish Florentine	Chicken Divan w/Broccoli Dinner Roll or Bread	New England Clam Chowder Steak Salad	King Ranch Casserole Dinner Roll or Bread	Pepperoni Pizza	Chicken Rice Soup Reuben Sandwich	
S N K	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	

Cycle II, 2008-2009

The Waterford in Smyrna

Week 4

Meal	Sunday Sep-14, Oct-12, Nov-9, Dec-7, Jan-4, Feb-1, Mar-1, Mar-29	Monday Sep-15, Oct-13, Nov-10, Dec-8, Jan-5, Feb-2, Mar-2, Mar-30	Tuesday Sep-16, Oct-14, Nov-11, Dec-9, Jan-6, Feb-3, Mar-3, Mar-31	Wednesday Sep-17, Oct-15, Nov-12, Dec-10, Jan-7, Feb-4, Mar-4, Apr-1	Thursday Sep-18, Oct-16, Nov-13, Dec-11, Jan-8, Feb-5, Mar-5, Apr-2	Friday Sep-19, Oct-17, Nov-14, Dec-12, Jan-9, Feb-6, Mar-6, Apr-3	Saturday Sep-20, Oct-18, Nov-15, Dec-13, Jan-10, Feb-7, Mar-7, Apr-4
B R E A K F A S T	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Biscuit with Sausage Gravy Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Egg Cinnamon Toast Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Breakfast Meat French Toast Margarine Syrup Milk Coffee or Hot Tea	Juice of Choice Hot Cereal Breakfast Meat Toast Margarine Jelly Milk Coffee or Hot Tea
L U N C H	Roast Beef Parslied Buttered Potatoes Seasoned Carrots Dinner Roll or Bread Margarine Pineapple Upside Down Cake Milk Beverage of Choice	Sliced Baked Ham Sweet Potato Casserole Mixed Greens Dinner Roll or Bread Margarine Fruited Gelatin Milk Beverage of Choice	Chopped Steak Mashed Potatoes with Gravy Seasoned Beets Dinner Roll or Bread Margarine Citrus Banana Cup Milk Beverage of Choice	Oven Fried Chicken Tator Tots Vegetable Medley Dinner Roll or Bread Margarine Pudding Milk Beverage of Choice	Steak Fingers Cream Style Corn Green Beans Dinner Roll or Bread Margarine Peanut Butter Cookie Milk Beverage of Choice	Baked Fish Oven Browned Potatoes Cheesy Spinach Dinner Roll or Bread Margarine Chocolate Chip Bar Milk Beverage of Choice	Marinated Chicken Potatoes Anna Broccoli Dinner Roll or Bread Margarine Sliced Peaches Milk Beverage of Choice
A L T	Lemon Pepper Turkey	Glazed Chicken	Breaded Pork Cutlet	Bacon Wrapped Beef Patty	Crispy Potato Chicken	Beef Brisket	Country Style Ribs
D I N N E R	Sweet and Sour Chicken Rice Oriental Blend Vegetables Dinner Roll or Bread Margarine Fresh Fruit Milk Beverage of Choice	Dixie Cornbread Casserole Squash Medley Dinner Roll or Bread Margarine Snickerdoodle Milk Beverage of Choice	Minestrone Soup Crackers Egg Salad Sandwich Three Bean Salad Ice Cream Milk Beverage of Choice	Pork Cutlet Supreme Noodles Jefferson Zucchini Dinner Roll or Bread Margarine Spiced Apples Milk Beverage of Choice	Open-Faced Hot Turkey Sandwich Mashed Potatoes Seasoned Brussels Sprouts Fruit Cup Milk Beverage of Choice	Goulash Tossed Salad with Dressing Dinner Roll or Bread Margarine Pear Halves Milk Beverage of Choice	Soft Tacos with Toppings Refried Beans Salsa Salad Cake with Creamy Frosting Milk Beverage of Choice
A L T	Spicy Pork Tips	Italian Seafood Bake Noodles	Beef and Bean Burrito Mexican Rice	Eggplant Parmesan	Smoked Sausage Dinner Roll or Bread	Chicken Monterey Sandwich Hot German Potato Salad	Mesquite Roasted Turkey Dinner Roll or Bread
S N K	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers	Fruit Punch Graham Crackers	Fruit Punch Cookies	Fruit Punch Vanilla Wafers