

Typical Gates Manor Dining Calendar

CYCLE 1 MENU

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|--|
| BREAKFAST Orange Juice/Choice Oatmeal or Dry Cereal Scrambled Eggs/Choice Bacon Margarine Milk/Coffee/Tea LUNCH Baked Chicken Mashed Potato W.K. Corn Bread/Choice Margarine Vanilla Ice Cream Milk/Coffee/Tea/Choice Juice Alt. Roast Beef Dinner | BREAKFAST Orange Juice/Choice Farina or Dry Cereal French Toast Syrup Margarine Milk/Coffee/Tea LUNCH Roast Lamb Gravy/Mint Jelly Rissole Potato Peas Bread/Choice Margarine Pound Cake Milk/Coffee/Tea/Choice Juice Alt. Turkey Dinner | BREAKFAST Orange Juice/Choice Crm of Wheat or Dry Cereal H.C. Egg/Choice Toast Danish Margarine Milk/Coffee/Tea LUNCH Roast Beef Gravy Rice Carrots Bread/Choice Margarine Brownie Milk/Coffee/Tea/Choice Juice Alt. Chicken Dinner | BREAKFAST Orange Juice/Choice Oatmeal or Dry Cereal Pancakes Bacon Margarine Milk/Coffee/Tea LUNCH BBQ Spare Ribs Potato Rounds Green Beans Bread/Choice Margarine Lemon Meringue Pie Milk/Coffee/Tea/Choice Juice Alt. Pepper Steak | BREAKFAST Orange Juice/Choice Farina or Dry Cereal Fried Egg/Choice Toast/Danish Margarine Milk/Coffee/Tea LUNCH Meatloaf Gravy Mashed Potato Mixed Vegetables Bread/Choice Margarine Fresh Fruit in Season Milk/Coffee/Tea/Choice Juice Alt. Veal Pattie | BREAKFAST Orange Juice/Choice Oatmeal or Dry Cereal Waffles Syrup Margarine Milk/Coffee/Tea LUNCH Baked Fish Corn Fritters Spinach Bread/Choice Margarine Pears Milk/Coffee/Tea/Choice Juice Alt. Cheese Omelet | BREAKFAST Orange Juice/Choice Crm of Wheat or Dry Cereal Scrambled Egg/Choice Toast/Danish Margarine Milk/Coffee/Tea LUNCH Baked Chicken Gravy Rice Carrots Bread/Choice Margarine Pineapple Milk/Coffee/Tea/Choice Juice Alt. Roast Beef Dinner |
| DINNER Pea Soup Stuffed Shells Italian Green Beans French Bread Margarine Apple Pie Milk/Coffee/Tea/Choice Juice Alt. Fish Sticks | DINNER Chicken Noodle Soup Shrimp Salad Sandwich Croissant/Roll/Choice Coleslaw Peaches Milk/Coffee/Tea/Choice Juice Alt.Chicken Salad Sandwich | DINNER Beef Barley Soup Turkey Salad Sandwich on Roll 3-Bean Salad Melon Milk/Coffee/Tea/Choice Juice Alt. Egg Salad | DINNER Tomato Soup Grilled Cheese Zucchini Sticks Vanilla Layer Cake Milk/Coffee/Tea/Choice Juice Alt. Tuna Melt | DINNER Crm of Mushroom Soup Chicken Salad Sandwich Bread Choice/Roll Broccoli & Cauliflower Salad Boston Cream Pie Milk/Coffee/Tea/Choice Juice Alt. Ham Salad | DINNER Chicken Rice Soup Macaroni and Cheese Stewed Tomatoes Bread/Choice Margarine Sherbert Milk/Coffee/Tea/Choice Juice Alt. Frank's & Beans | DINNER Beef Vegetable Soup Ham Sandwich /Soft Roll or Choice Tossed Salad Italian Dressing Fruited Jello Milk/Coffee/Tea/Choice Juice Alt. Turkey Sandwich |

NOTE: Substitutions from the "Posted Substitution List" are available at each meal.