

Week 1

# Flatrock River Lodge

M	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B F S T	<p>CHOICE OF CEREAL BLUEBERRY STREUSEL COFFEE CAKE HARD COOKED EGG SAUSAGE LINK FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRIED EGG CRISPY BACON TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL GRILLED HAM SLICE SCRAMBLED EGG BRAN MUFFIN BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRENCH TOAST SYRUP BUTTER SAUSAGE LINK FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SCRAMBLED EGG TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL BUTTERMILK PANCAKES SYRUP CRISPY BACON FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL BAKING POWDER BISCUIT LEAN SAUSAGE PATTY FRESH ORANGE SLICES FRUIT JUICE COFFEE CHOICE OF MILK</p>
N O O N	<p>ITALIAN MEATLOAF WITH HERBED PASTA WITH MARINARA SAUCE OVEN ROASTED VEGETABLES CHEESECAKE BARS COFFEE CHOICE OF MILK</p>	<p>OVEN FRIED FISH TARTAR SAUCE SEASONED POTATO WEDGES GREEN BEANS PEANUT BUTTER CANDY BAR COFFEE CHOICE OF MILK</p>	<p>SPAGHETTI &amp; MEAT SAUCE BLENDED VEGETABLES GARLIC BREAD LEMONADE PIE COFFEE CHOICE OF MILK</p>	<p>CREAMY PORK CUTLET MASHED POTATOES GRAVY SWEET GREEN PEAS SUGAR COOKIE COFFEE CHOICE OF MILK</p>	<p>GRILLED CHEESEBURGER ON BUN WITH LETTUCE/TOMATO CREAMY POTATO SALAD BAKED BEANS FRESH MELON CUP COFFEE CHOICE OF MILK</p>	<p>TURKEY POT PIE TOSSED SALAD W/ DRSG STRAWBERRY RHUBARB CRISP WHIPPED TOPPING COFFEE CHOICE OF MILK</p>	<p>BEEF TIPS &amp; GRAVY NOODLES CARROTS WHOLE GRAIN BREAD BUTTER BANANA BAR COFFEE CHOICE OF MILK</p>
E V E	<p>TANGY GARDEN VEGETABLE SOUP CRACKERS PINEAPPLE GRILLED CHEESE SANDWICH COFFEE CHOICE OF MILK</p>	<p>BBQ CHICKEN ROASTED GARLIC RED POTATOES CREAM STYLE CORN DINNER ROLL BUTTER FRESH STRAWBERRIES COFFEE CHOICE OF MILK</p>	<p>FRESH BLT SALAD WISC CHEESE SOUP ASSORTED CRACKERS FRESH GRAPES COFFEE CHOICE OF MILK</p>	<p>SLOPPY JOE ON BUN POTATO CHIPS COLESLAW LIME PEAR GELATIN COFFEE CHOICE OF MILK</p>	<p>DELI HOAGIE SANDWICH MAYO/MUSTARD MANDARIN ORANGES MIXED GREENS TOSS SALAD W DRESSING COFFEE CHOICE OF MILK</p>	<p>CHICKEN STRIPS DIPPING SAUCE STEAK FRIES ASPARAGUS WATERMELON COFFEE CHOICE OF MILK</p>	<p>HOT DOG ON BUN MACARONI SALAD WHIPPED MOUSSE GARNISHED WITH FRUIT COFFEE CHOICE OF MILK</p>

Week 2

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M	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B F S T	<p>CHOICE OF CEREAL CINNAMON ROLL CRISPY BACON FRIED EGG FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRIED EGG CHEESE SLICE AND LEAN SAUSAGE PATTY ON CROISSANT FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SCRAMBLED EGG W/ CHEESE TOAST BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SAUSAGE EGG BAKE TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SCRAMBLED EGG CINNAMON RAISIN TOAST BUTTER FRUIT CUP FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL POACHED EGG TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL WAFFLES BUTTER WITH BLUEBERRY SAUCE SAUSAGE LINK FRUIT JUICE COFFEE CHOICE OF MILK</p>
N O O N	<p>BBQ MEATBALLS PARSLEY POTATOES CORN CARAMEL MANDARIN ORANGE CAKE COFFEE CHOICE OF MILK</p>	<p>LASAGNA ROMAINE LETTUCE W/ ITALIAN DSG GARLIC BREAD BERRY CUP WITH LEMON CREAM COFFEE CHOICE OF MILK</p>	<p>GRILLED CHICKEN BREAST SANDWICH OVEN ROASTED RED POTATOES MALIBU BLEND VEGETABLES BANANA SPLIT SUNDAE COFFEE CHOICE OF MILK MAYO</p>	<p>HOT ROAST BEEF SANDWICH MASHED POTATOES GRAVY SWEET GREEN PEAS WATERMELON COFFEE CHOICE OF MILK</p>	<p>PORK CHOP SUPREME BAKED POTATO BUTTER SOUR CREAM GREEN BEANS VANILLA PUDDING WITH PINEAPPLE RING GARNISH CHOICE OF MILK COFFEE</p>	<p>SALISBURY STEAK/MUSHROOM GUY BOILED POTATOES ROASTED VEGETABLES BREAD/BUTTER CAKE ROLL COFFEE CHOICE OF MILK</p>	<p>ROAST TURKEY &amp; GRAVY BREAD DRESSING SEASONED BABY CARROTS DINNER ROLL BUTTER ICE CREAM COFFEE CHOICE OF MILK</p>
E V E	<p>CREAMED CHICKEN OVER BISCUIT PICKLED BEETS FRESH FRUIT MEDLEY COFFEE CHOICE OF MILK</p>	<p>VEGETABLE BARLEY SOUP CRACKERS DELI HOAGIE SANDWICH HOMEMADE COOKIE COFFEE CHOICE OF MILK</p>	<p>SCALLOPED POTATOES &amp; HAM WHOLE GRAIN BREAD BUTTER PACIFIC VEGETABLE BLEND FRUITED GELATIN COFFEE CHOICE OF MILK</p>	<p>BAKED MACARONI &amp; CHEESE CHICKEN NUGGETS DIPPING SAUCE MIXED GREENS SALAD SALAD DRESSING RICE KRISPIE SQUARE COFFEE CHOICE OF MILK</p>	<p>CHILI GARNISH WITH SHREDDED CHEESE SOUR CREAM CORNBREAD BUTTER CHOCOLATE COOKIE DESSERT COFFEE CHOICE OF MILK</p>	<p>SHAVED CHICKEN BREAST SANDWICH ON WHOLE GRAIN BREAD CONFETTI PASTA SALAD PEACHES COFFEE CHOICE OF MILK</p>	<p>BACON SWISS BURG/BUN FRENCH FRIES COLESLAW SEASONAL FRESH FRUIT COFFEE CHOICE OF MILK</p>

Week 3

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B F S T</b>	<p>CHOICE OF CEREAL BAKING POWDER BISCUIT COUNTRY SAUSAGE GRAVY FRESH FRUIT CUP FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRIED EGG SMOKED BACON HASHBROWNS FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SCRAMBLED EGG FRESH DONUT FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL VEGETABLE CHEESE OMELETTE TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SOUR CREAM COFFEE BREAD CRISPY BACON BANANA HALF FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL PANCAKES BUTTER SYRUP SAUSAGE LINK FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRIED EGG SAUSAGE PATTY TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>
<b>N O O N</b>	<p>BONELESS PORK RIBS CHEESE MASHED POTATO BUTTERED CORN GELATIN CAKE/ WHIPPED TOPPING COFFEE CHOICE OF MILK</p>	<p>GRILLED CHICKEN BREAST MASHED POTATOES/GRAVY MIXED GREENS SALAD CHOICE OF SALAD DRESSING MINI BREADSTICK RASPBERRY SHERBET COFFEE CHOICE OF MILK</p>	<p>HERBED SIRLOIN TIP ROAST MASHED POTATOES/GRAVY WHEAT BREAD CARROTS BUTTER CHOCOLATE CREAM PIE COFFEE CHOICE OF MILK</p>	<p>CHICKEN PASTA ALFREDO STEAMED BROCCOLI FLORETS PARMESAN GARLIC TOAST LEMON CREAM CUPCAKE COFFEE CHOICE OF MILK</p>	<p>HERB BAKED FISH BAKED POTATO BUTTER SOUR CREAM CHEESE BISCUIT STEWED TOMATOES HOMEMADE COOKIE COFFEE CHOICE OF MILK</p>	<p>BAKED PORK CHOP MASHED POTATOES PORK GRAVY SWEET PEAS WHOLE WHEAT BREAD BUTTER ANGELFOOD STRAWBERRY SHORTCAKE COFFEE CHOICE OF MILK</p>	<p>BAKED HAM BAKED SWEET POTATO BUTTER ASPARAGUS CHOCOLATE CAKE/FROSTING COFFEE CHOICE OF MILK</p>
<b>E V E</b>	<p>SHAVED ROAST BEEF SANDWICH BEEF NOODLE SOUP CRACKERS SEASONAL FRESH FRUIT CREAMY FRUIT DIP COFFEE CHOICE OF MILK</p>	<p>TURKEY SWISS MELT ON WHOLE WHEAT BREAD RIVIERA VEGETABLES APRICOTS COFFEE CHOICE OF MILK</p>	<p>GRILLED HOT DOG ON BUN CHILI CON CARNE SHREDDED CHEDDAR CHEESE CANTALOUPE SLICES FUDGE BROWNIE CHOICE OF MILK COFFEE</p>	<p>BBQ PORK / BUN COTTAGE FRIES/ONIONS COLESLAW CINNAMON BAKED APPLES COFFEE CHOICE OF MILK</p>	<p>PASTA SALAD WITH HAM AND CHEESE ON LETTUCE LEAF DEVILED EGG HALVES ICE CREAM COFFEE CHOICE OF MILK</p>	<p>TOMATO BASIL SOUP GRILLED CHEESE SANDWICH CRACKERS FRESH GRAPES CHOICE OF MILK COFFEE</p>	<p>BBQ TURKEY MEATBALLS MASHED POTATOES BUTTER BLENDED VEGETABLES BLUSHING PEARS COFFEE CHOICE OF MILK</p>

Week 4

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M	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B F S T	<p>CHOICE OF CEREAL SCRAMB EGG PATTY TOAST, WHOLE WHEAT BANANA HALF FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SCRAMBLED EGGS/CHEESE TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRENCH TOAST RASPBERRY SAUCE SAUSAGE LINK ORANGE WEDGE FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL GRILLED HAM SLICE STICKY BUNS FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRIED EGG ON WHOLE WHEAT TOAST BUTTER PEACH SLICES FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL WHOLE WHEAT TOAST SAUSAGE &amp; EGG BREAKFAST BAKE BUTTER ORANGE TWIST GARNISH FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL PANCAKES SYRUP BUTTER SAUSAGE LINK FRUIT JUICE COFFEE CHOICE OF MILK</p>
N O O N	<p>CALIF BURGER/BUN WITH LETTUCE/TOMATO BAKED BEANS FRESH FRUIT ROOT BEER FLOAT COFFEE CHOICE OF MILK</p>	<p>CHICKEN KIEV SOUR CREAM MASHED POTATOES BUTTER CREAMED PEAS LIME CRUNCH COFFEE CHOICE OF MILK</p>	<p>ROAST PORK BAKED POTATO BUTTER SOUR CREAM BUTTERED CORN FRUIT MEDLEY COFFEE CHOICE OF MILK</p>	<p>SPAGHETTI &amp; MEATBALLS FRESH GARDEN SALAD/DRESSING WARM GARLIC BREAD FUDGE BROWNIE COFFEE CHOICE OF MILK</p>	<p>FISH NUGGETS TARTAR SAUCE AU GRATIN POTATOES BU DICED BEETS WATERMELON CAKE COFFEE CHOICE OF MILK</p>	<p>FRIED CHICKEN GARLIC MASHED POTATO CRINKLE CUT CARROTS CAPPUCINO BARS COFFEE CHOICE OF MILK</p>	<p>GLAZED HAM SCALLOPED POTATOES MALIBU BLEND VEGETABLES BREAD/BUTTER PEACHES N CREAM BARS COFFEE CHOICE OF MILK</p>
E V E	<p>EGG SALAD SANDWICH TURKEY DUMPLING SOUP CRACKERS CUCUMBER SLICES HONEYDEW CANTALOUPE CUP COFFEE CHOICE OF MILK</p>	<p>CHILI DOG ON BUN STEAK FRIES CREAMY COLESLAW PINEAPPLE TIDBITS COFFEE CHOICE OF MILK</p>	<p>CHICKEN SALAD ON CROISSANT CALIFORNIA BLEND VEGETABLES FRUIT PIZZA COFFEE CHOICE OF MILK</p>	<p>OPEN FACE HOT TURKEY WW BREAD/GRAVY MASHED POTATOES GREEN BEANS LEMON POUND CAKE COFFEE CHOICE OF MILK</p>	<p>CREAM OF POTATO SOUP ASSORTED CRACKERS COLD CUT SANDWICH ON WHEAT 24 HOUR FRUIT SALAD COFFEE CHOICE OF MILK</p>	<p>BEST EVER BBQ PORK CHOP CORNBREAD CASSEROLE STRAWBERRY MOUSSE COFFEE CHOICE OF MILK</p>	<p>CHOPPED BEEF STEAK WITH GRILLED ONIONS HASHBROWNS BUTTERED PEAS STRAWBERRIES (FRESH) COFFEE CHOICE OF MILK</p>

Week 5

# Flatrock River Lodge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B F S T</b>	<p>CHOICE OF CEREAL FRIED EGG TOAST, WHOLE WHEAT BACON FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SCRAMBLED EGG TOAST, WHOLE WHEAT BUTTER BANANA FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL CINNAMON RAISIN TOAST POACHED EGG SAUSAGE LINK FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL THICK FRENCH TOAST/SYRUP BACON BUTTER APPLESAUCE FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL MINI FRUIT TURNOVER FRUIT &amp; YOGURT CUP FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL SAUSAGE LINK SCRAMBLED EGG BANANA BREAD BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>	<p>CHOICE OF CEREAL FRIED EGG BREAKFAST HAM SLICE TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK</p>
<b>N O O N</b>	<p>BEEF STROGANOFF NOODLES SEVEN LAYER SALAD SHERBET COFFEE CHOICE OF MILK</p>	<p>MEATLOAF MASHED POTATOES GRAVY ROASTED VEGETABLES BREAD &amp; BUTTER NO BAKE COOKIE COFFEE CHOICE OF MILK</p>	<p>CORNFLAKE BAKED CHICKEN GARLIC PARMESAN POTATOES SAVORY CARROTS LEMON BAR COFFEE CHOICE OF MILK</p>	<p>HAMBURGER STEAK BEEF GRAVY BAKED POTATO (HALF) BUTTER SOUR CREAM MIXED GREENS SALAD SALAD DSG OF CHOICE STRAWBERRY PIE COFFEE CHOICE OF MILK</p>	<p>TOMATO SOUP CRACKERS GRILLED CHEESE SANDWICH MIXED BERRY CUP BUTTERSCOTCH SQUARES COFFEE CHOICE OF MILK</p>	<p>OVEN ROASTED TURKEY DRESSING GRAVY BUTTERED PEAS PUDDING COFFEE CHOICE OF MILK</p>	<p>OPEN FACED BEEF SAND MASHED POTATOES WITH GRAVY STEAMED BABY CARROTS MOUNDS BARS COFFEE CHOICE OF MILK</p>
<b>E V E</b>	<p>REUBEN SANDWICH MARINATED CUCUMBERS FRUIT FLUFF COFFEE CHOICE OF MILK</p>	<p>VEGETABLE SOUP CRACKERS MINI CHEF SALAD SALAD DRESSING BREADSTICK CHERRY CRISP COFFEE CHOICE OF MILK</p>	<p>GRILL HAM/CHEESE SAND COLESLAW PINEAPPLE ICE CREAM COFFEE CHOICE OF MILK</p>	<p>QUICHE SAUSAGE LINK ORANGE WEDGES BLUEBERRY MUFFIN BUTTER COFFEE CHOICE OF MILK</p>	<p>PIZZA CASSEROLE OR PIZZA GREEN BEANS GARLIC BREAD GRAPES COFFEE CHOICE OF MILK</p>	<p>FISH SANDWICH TARTAR SAUCE POTATO SALAD TOMATOE SLICES FRUITED GELATIN COFFEE CHOICE OF MILK</p>	<p>PULLED PORK SANDWICH BAKED BEAN CASSEROLE BUTTERED CORN WATERMELON COFFEE CHOICE OF MILK</p>