

Week 1

Flatrock River Lodge

M	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	CHOICE OF CEREAL BLUEBERRY STREUSEL COFFEE CAKE HARD COOKED EGG FRUIT JUICE COFFEE CHOICE OF MILK	CHOICE OF CEREAL FRIED EGG CRISPY BACON TOAST, WHOLE WHEAT BUTTER FRUIT JUICE COFFEE CHOICE OF MILK	CHOICE OF CEREAL GRILLED HAM SLICE BRAN MUFFIN BUTTER FRUIT JUICE COFFEE CHOICE OF MILK	CHOICE OF CEREAL FRENCH TOAST SYRUP BUTTER SAUSAGE LINK FRUIT JUICE COFFEE CHOICE OF MILK	CHOICE OF CEREAL SCRAMBLED EGG TOAST, WHOLE WHEAT FRUIT JUICE COFFEE CHOICE OF MILK	CHOICE OF CEREAL BUTTERMILK PANCAKES SYRUP GRILLED HAM SLICE FRUIT JUICE COFFEE CHOICE OF MILK	CHOICE OF CEREAL BAKING POWDER BISCUIT LEAN SAUSAGE PATTY FRESH ORANGE SLICES FRUIT JUICE COFFEE CHOICE OF MILK
N O O N	ITALIAN MEATLOAF WITH HERBED PASTA WITH MARINARA SAUCE ROASTED VEGETABLES CHEESECAKE BARS COFFEE CHOICE OF MILK	OVEN FRIED FISH TARTAR SAUCE SEASONED POTATO WEDGES GREEN BEANS PBUTTER CANDY BAR COFFEE CHOICE OF MILK	SPAGHETTI & MEATBALLS VEGETABLE BLEND GARLIC BREAD LEMONADE PIE COFFEE CHOICE OF MILK	CREAMY PORK CUTLET FRIED POTATOES SWEET GREEN PEAS SUGAR COOKIE COFFEE CHOICE OF MILK	GRILLED CHEESEBURGER ON BUN WITH LETTUCE/TOMATO CREAMY POTATO SALAD BAKED BEANS FRESH MELON CUP COFFEE CHOICE OF MILK	TURKEY POT PIE TOSS SALAD W/ DRESSING S'BRY RHUBARB CRISP WITH WHIPPED TOPPING COFFEE CHOICE OF MILK	BEEF TIPS & GRAVY NOODLES CARROTS WHOLE GRAIN BREAD BUTTER BANANA BAR COFFEE CHOICE OF MILK
E V E	TANGY GARDEN VEGETABLE SOUP GRILLED CHEESE SANDWICH CRACKERS PINEAPPLE COFFEE CHOICE OF MILK	BBQ CHICKEN MASHED POTATOES CREAM STYLE CORN BUTTER DINNER ROLL FRESH STRAWBERRIES COFFEE CHOICE OF MILK	FRESH BLT SALAD WISCONSIN CHEESE SOUP ASSORTED CRACKERS FRESH GRAPES COFFEE CHOICE OF MILK	SLOPPY JOE ON BUN POTATO CHIPS COLESLAW LIME PEAR GELATIN CUP COFFEE CHOICE OF MILK	DELI HOAGIE SANDWICH MIXED GREENS TOSS SALAD W/ DRESSING MANDARIN ORANGES COFFEE CHOICE OF MILK	CHICKEN STRIPS DIPPING SAUCE STEAK FRIES ASPARAGUS WATERMELON COFFEE CHOICE OF MILK	HOT DOG/ BUN MACARONI SALAD WHIPPED MOUSSE GARNISHED WITH FRUIT COFFEE CHOICE OF MILK

Week 2

Flatrock River Lodge

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

Week 3

Flatrock River Lodge

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

Week 4

Flatrock River Lodge

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

Week 5

Flatrock River Lodge

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