OptimaSolutions2
Dietary Management System

Optima Solutions 2020
2019-20 Fall/Winter Menus

Date: 10/28/2020 **RD:**

Week: 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Juice of Choice Cheesy Scrambled Egg* Bacon Cereal of Choice Toast Coffee Milk of Choice, 8oz Jelly Margarine Salt/Pepper	Juice of Choice Scrambled Egg* Breakfast Meat Cereal of Choice Toast Banana (B)* Coffee Milk of Choice, 8oz Margarine Jelly Salt/Pepper	Juice of Choice Scrambled Egg* Breakfast Meat* Hashbrown Patty* Homestyle Biscuit Coffee Milk of Choice, 8oz Margarine Salt/Pepper	Juice of Choice Fresh Fruit* Sausage & Gravy* Biscuit (c)* Coffee Milk of Choice, 8oz Margarine Salt/Pepper	Juice of Choice Egg of Choice* Ham* Cereal of Choice Muffin* Coffee Milk of Choice, 8oz Margarine Syrup	Juice of Choice Country Scrambled Eggs* Bacon* Cereal of Choice Biscuit* Hashbrowns* Coffee Milk of Choice, 8oz Margarine Salt/Pepper Jelly	Juice of Choice Country Scrambled Eggs* Bacon* Pancakes (C)* Coffee Milk of Choice, 8oz Salt/Pepper
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Turkey Savory Roasted* Cornbread Dressing Collards* Cranberry Sauce* Dinner Roll Sweet Potato Pie* Coffee Beverage of Choice Margarine Gravy	Beef Steak w/ Mushrooms Mashed Potatoes Yellow Squash Fried Okra* Cornbread* Baked Pears* Beverage of Choice Milk of Choice* Margarine Salt/Pepper	Chicken Breast Fried* Macaroni & Cheese* Lima Beans* Corn Bread Muffin* Fruit Cobbler* Coffee Beverage of Choice Margarine Salt/Pepper Parsley Sprig	Lasagna Italian Style* Beans Green* Tossed Salad w/ Dressing Garlic Bread Pudding Coffee/Tea* Beverage of Choice Margarine Salt/Pepper Parsley Sprig	Ham Glazed Homestyle Sweet Potato Patty* Buttered Cabbage* Cornbread* Peach Cobbler* Coffee Beverage of Choice Margarine Salt/Pepper	Fish Battered French Fries Coleslaw* Dinner Roll Frosted Brownie Milk of Choice* Beverage of Choice Margarine Tartar Sauce	Chicken and Dumplings* Purple Hull Peas* Broccoli Florets* Cornbread* Fruit Cobbler* Milk of Choice* Beverage of Choice Margarine Salt/Pepper
Supper	**Supper**	**Supper**	**Supper**	**Supper**	**Supper**	**Supper**
Salmon Patty Buttered Potatoes Green Peas Bread of Choice Fruit Cup Coffee Milk of Choice, 8oz Margarine Salt/Pepper Parsley Sprig	Grilled Cheese Sandwich Tomato Soup Seasoned Green Beans Crackers Cake/Icing Coffee Milk of Choice, 8oz Salt/Pepper Parsley Sprig	Pork Pulled Sandwich Tater Tots Baked Beans* Apple Slices Coffee/Tea* Milk of Choice, 8oz Ketchup Salt/Pepper	Tuna Salad Sandwich* Chicken Noodle Soup* Sliced Tomatoes* Crackers Ice Cream* Coffee/Tea* Milk of Choice, 8oz Salt/Pepper	Beef Stew* Rice w/ Gravy* Tomato Wedges* Cheddar Biscuit* Fresh Fruit Coffee Milk of Choice, 8oz Margarine Salt/Pepper	Pizza* Chef Salad, Small* Garlic Bread Fruited Jello* Coffee Milk of Choice, 8oz Mayo/Mustard/Ketchup* Tomato Slices*	Hot Dog with Bun* Potato Salad* Onion Rings* Crackers Chocolate Cake/Chocolate Icing* Coffee/Tea* Milk of Choice, 8oz Salt/Pepper