





**THE  
WEEK  
AT  
A  
GLANCE**

**Cycle  
SPRING**

**2002**

**WEEK  
TWO**

2/25 – 3/3

3/25 – 3/31

4/22 – 4/28

5/20 – 5/26

*Dietitian  
Consulting Service  
3011 80<sup>th</sup> Ave SE  
Mercer Island, WA  
98040*

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>B R E A K F A S T</b>	Choice of Juice w/Vit C  Oatmeal Waffles w/Syrup  Sausage Links Fruit Garnish  Milk, Hot Beverage	Choice of Juice w/Vit C  Cream of Wheat Egg of the Day Grapefruit Sections  Donut  Milk, Hot Beverage	Choice of Juice w/Vit C  Cream of Rice Cheese Omelet Melon Wedges  Toast/Margarine  Milk, Hot Beverage	Choice of Juice w/Vit C  Malt-O-Meal Scrambled Egg Fruit Cup  Hash Browns  Milk, Hot Beverage	Choice of Juice w/Vit C  Oatmeal Pancakes w/ Whipped Topping & Berries Sausage  Milk, Hot Beverage	Choice of Juice w/Vit C  Cream of Rice Western Scramble Bran Muffin w/ Marg/Jelly Banana Half  Milk, Hot Beverage	Choice of Juice w/Vit C  Cream of Wheat Boiled Egg Bacon Slice  Cinnamon Roll  Milk, Hot Beverage
<b>D I N N E R</b>	Sliced Turkey w/ Herb Sauce  Crunchy Potatoes Broccoli  Cranberry Garnish Bread/Margarine  Snickerdoodle Cookie  Milk, Hot Beverage	Heavenly Fish Fillets  New Red Potatoes Green Beans  Lemon Wedge Garnish Bread/Margarine  Vanilla Pudding w/ Whipped topping  Milk, Hot Beverage	Lemon Parmesan Chicken  Scalloped Potatoes Peas  Lemon Slice Garnish  Bread/Margarine Peanut Butter Mousse  Milk, Hot Beverage	Spaghetti w/Meatballs Caesar Salad  Italian Blend Vegetables Parmesan Cheese Garnish Garlic French Bread Rice Pudding w/Topping  Milk, Hot Beverage	Veal Cutlet  Parslied Potatoes Seasoned Zucchini  Apple Ring Garnish  Bread/Margarine  Cherry Choco Bars  Milk, Hot Beverage	Savory Meatloaf w/Ketchup  Mashed Potatoes w/ Gravy Capri Vegetables Parsley Garnish  Bread/Margarine Ice Cream  Milk, Hot Beverage	Roast Pork w/ Spiced Applesauce  Yams Paprika Cauliflower  Dinner Roll w/Marg  Banana Cream Pie  Milk, Hot Beverage
<b>S U P P E R</b>	Shepherd's Pie  Tossed Green Salad  Apple Ring Garnish  Roll/Margarine  Red, White, Blue Cake  Milk, Hot Beverage	Cream of Potato Soup Crackers  Ham & Cheese Sandwich on Deli Bread  Fruit Salad  Chocolate Chip Cookie  Milk, Hot Beverage	Hot Roast Beef Philly w/Cheese  Potato Chips  Pineapple Tidbits  Gingerbread w/ Powdered Sugar  Milk, Hot Beverage	Quiche  Peas w/Pearl Onions  Roll w/Margarine  Ice Cream  Milk, Hot Beverage	Bronco Buster Soup Crackers  Turkey Sandwich Lettuce & Tomato Garnish  Molded Fruit Jello w/Topping  Milk, Hot Beverage	Chicken BBQ Sandwich  Creamed Corn  Pickle Garnish  Poke Cake w/ Topping  Milk, Hot Beverage	New England Clam Chowder w/ Crackers  Deli Roast Beef Sandwich  Mayo/Mustard Garnish  Tossed Salad  Sherbet Milk, Hot Beverage



**THE  
WEEK  
AT  
A  
GLANCE**

**Cycle**

**SPRING  
2002**

**WEEK  
THREE**

3/4 – 3/10

4/1 – 4/7

4/29 – 5/5

5/27 – 6/2

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>B R E A K F A S T</b>	Choice of Juice w/Vit C  Oatmeal Scrambled Egg French Toast w/Syrup And Margarine  Sliced Peaches  Milk, Hot Beverage	Choice of Juice w/Vit C  Cream of Rice Omelet Parsley Garnish  Donut  Milk, Hot Beverage	Choice of Juice w/Vit C  Oatmeal Scrambled Egg Sausage Link Banana Half  Toast/Margarine  Milk, Hot Beverage	Choice of Juice w/Vit C  Malt-O-Meal Boiled Egg Fruit Cup Blueberry Muffin w/Margarine  Milk, Hot Beverage	Choice of Juice w/Vit C  Cream of Wheat Crisp Bacon  Pancakes w/Syrup & Margarine  Milk, Hot Beverage	Choice of Juice w/Vit C  Malt-O-Meal Flavored Yogurt Scone w/Marg & Jam  Mixed Fruit Cup  Milk, Hot Beverage	Choice of Juice w/Vit C  Oatmeal Omelet  Danish  Mandarin Oranges  Milk, Hot Beverage
<b>D I N N E R</b>	Roast Chicken Mediterranean  Parslied New Potatoes Vegetable Blend  Apple Ring Garnish  Bread/Margarine 3-Orange Dessert  Milk, Hot Beverage	Lemon Garlic Fish Tartar Sauce Garnish  AuGratin Potatoes Seasoned Carrots  Bread/Margarine  Ambrosia  Milk, Hot Beverage	Lasagna Tossed Salad  Italian Blend Vegetable Parsley Garnish Garlic Bread  Red Velvet Cake w/ Frosting  Milk, Hot Beverage	Teriyaki Pork Strips  Rice Pilaf  Broccoli  Bread/Margarine  Mocha Fluff  Milk, Hot Beverage	Hot Roast Beef Sandwich w/Gravy  Whipped Potatoes Mixed Vegetables  Parsley Garnish  Apple Pie  Milk, Hot Beverage	Salisbury Steak  Potatoes O'Brien Buttered Corn  Parsley Garnish  Bread/Margarine  Lemon Bar  Milk, Hot Beverage	Roast Turkey Bread Dressing w/ Gravy Green Beans Cranberry Sauce Garnish Dinner Roll w/Margarine  Carrot Cake w/ Frosting Milk, Hot Beverage
<b>S U P P E R</b>	Cheesy Beef Noodles  Seasoned Cauliflower  Fruit Garnish  Dinner Roll w/ Margarine  Sugar Cookie  Milk, Hot Beverage	Ham Sandwich On Deli Bread /w Mustard /Mayo Sliced Tomato & Lettuce  Macaroni Salad  Chocolate Pudding w/ Whipped Topping  Milk, Hot Beverage	Swiss Cauliflower Soup Crackers  Turkey Cheese Sandwich  3-Vegetable Coleslaw Pickle Spear  Ice Cream  Milk, Hot Beverage	Hamburger on Bun  Pea & Cheese Salad  Sliced Lettuce & Tomato  Ketchup Garnish  Pineapple Crunch  Milk, Hot Beverage	Chicken Noodle Casserole  Parsley Garnish  Beets  Roll w/Margarine  Strawberry Supreme  Milk, Hot Beverage	Tomato Soup Crackers  Grilled Cheese Sandwich  Peach & Pear Half on Lettuce Leaf  Cook's Choice Cookie  Milk, Hot Beverage	Ravioli w/ Meat Sauce Parsley Garnish  Bread/Margarine  Tossed Salad  Sherbet  Milk, Hot Beverage



**THE  
WEEK  
AT  
A  
GLANCE**

**Cycle**

**SPRING  
2002**

**WEEK  
FOUR**

3/11 – 3/17

4/8 – 4/14

5/6 – 5/12

6/3 – 6/9

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>B R E A K F A S T</b>	Choice of Juice w/Vit C Cream of Rice Scrambled Egg Pear Halves Toast/Marg & Jelly Milk, Hot Beverage	Choice of Juice w/Vit C Oatmeal Sausage Links Scone w/Marg & Jam Banana Half Milk, Hot Beverage	Choice of Juice w/Vit C Cream of Wheat Boiled Egg Ham Slice Toast/Marg & Jelly Milk, Hot Beverage	Choice of Juice w/Vit C Malt-O-Meal Buttermilk Pancakes w/ Marg & Syrup Fruited Yogurt Milk, Hot Beverage	Choice of Juice w/Vit C Cream of Rice Omelet Fruit Toast/Marg & Jelly Milk, Hot Beverage	Choice of Juice w/Vit C Cream of Wheat Waffles w/Syrup/Marg Sausage Milk, Hot Beverage	Choice of Juice w/Vit C Oatmeal w/Raisins Scrambled Egg Melon Cup Donut Milk, Hot Beverage
<b>D I N N E R</b>	Baked Ham w/ Pineapple Garnish Scalloped Potatoes Mixed Vegetables Bread/Margarine Custard Milk, Hot Beverage	Swedish Meatballs Egg Noodles Cauliflower w/Paprika Parsley Garnish Bread/Margarine Raspberry Bar Milk, Hot Beverage	Fish AuGratin Lemon Garnish Baby Red Potatoes Seasoned Broccoli Bread/Margarine Cooks Choice Cookie Milk, Hot Beverage	BBQ Short Ribs Whipped Potatoes Corn Cobette Parsley Garnish Bread/Margarine Chocolate Cake w/ Frosting Milk, Hot Beverage	Turkey Ala King Over Biscuit Seasoned Peas Cranberry Sauce Garnish Lemon Blueberry Cream Milk, Hot Beverage	Pot Roast w/Gravy Boiled Potatoes Carrots Horseradish Garnish Cornbread & Marg Sherbet Milk, Hot Beverage	Oven Baked Chicken W/Gravy Mashed Potatoes Vegetable Blend Parsley Garnish Dinner Roll & Marg Cherry Pie Milk, Hot Beverage
<b>S U P P E R</b>	French Onion Soup Crackers Krabby Cakes Lemon/Tatar Garnish Potatoes Wedges Macaroon Milk, Hot Beverage	Grilled Chicken Patty On a Bun w/Honey Mustard Sauce Lettuce & Tomato Slice Baked Beans Ice Cream Milk, Hot Beverage	Cream of Celery Crackers Turkey Pastrami Sandwich on Rye Bread Pickle Garnish & Cheese Slice on Lettuce Banana Cream Pudding w/Cherry Garnish Milk, Hot Beverage	Macaroni & Cheese Stewed Tomatoes Grape Bunch Garnish Bread & Margarine Butterscotch Bar Milk, Hot Beverage	Cream of Mushroom Soup Crackers Ham Salad Sandwich On Whole Wheat Pineapplemallow Salad Cookie Milk, Hot Beverage	Franks on Bun German Noodles Mustard Garnish Fruit Cup German Chocolate Brownie Milk, Hot Beverage	Smoked Turkey Salad Sandwich Pickle Garnish Apple Cranberry Salad Yellow Cake w/ Frosting Milk, Hot Beverage