

# THE HICKMAN MENU FOR THE WEEK OF June13th, to June 19th, 2009

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Orange Juice Scrambled Eggs Toast Corn meal mush Cold Cereal Prunes	Orange Juice Bacon and Fried Eggs Raisin Toast Oatmeal Cold Cereal Prunes	Orange Juice Soft Eggs Toast Cream of Wheat Cold Cereal Prunes	Orange Juice Poached Eggs Toast Oatmeal Cold Cereal Prunes	Orange Juice Omelet English Muffin Grits Cold Cereal Prunes	Orange Juice Soft Eggs Toast Oatmeal Cold Cereal Prunes	Fresh Grapefruit Poached Eggs Toast Cream of Rice Cold Cereal Prunes
Fresh Bluefish fillet W/ Tartar Sauce Steakhouse French Fries W/Ketchup Steamed Spinach Assorted Bread tray Tossed Salad <u>Assorted Cakes &amp; Pies</u>	Chilled Pineapple Juice Virginia Baked Ham W/Pineapple Raisin Sauce Homemade Mashed Sweet Potatoes Broccoli Spears Hot Dinner Roll Relish Dish  <u>Ice Cream</u>	Homemade Baked Macaroni & Cheese Stewed Tomatoes French Cut Green Beans Homemade Wheat Bread Tossed Salad  <u>Fresh Baked Cherry Pie</u>	Homemade Salisbury Steaks W/Mushroom Onion Gravy Garlic Mashed Potatoes California Blend Vegetables Homemade Cornbread Homemade Cole Slaw  <u>Ice cream</u>	Center Cut Pork Chops In dark Gravy Au gratin Potatoes Germany blend Portuguese Dinner Roll Homemade Carrot Salad  <u>Homemade Apple Walnut Coffee Cake</u>	Homemade Chicken Fettuccini Alfredo Steamed Italian Vegetables Oven Crisp Garlic Bread Caesar Salad  <u>Chocolate Éclairs</u>	London Broil Au Jus Baked Potato W/Sour Cream & Chives Sugar Snap Peas Corn Muffins Homemade Greek Salad  <u>Ice Cream</u>
<u>Cream of Celery</u> Braised Sirloin Tips Fluffy Rice Sliced Tomatoes And lettuce W/ mayo Cottage Cheese Sliced Peaches  <u>Popsicles</u>	<b>Bagged Supper Meal</b> Sliced Turkey & Cheese Sandwiches Pack of Lorna Dune Cheese Crunches Cold drink Fresh Banana	<u>Homemade Soup</u> Homemade Pizza W/Pepperoni Cottage cheese Apple butter  <u>Fudge Nut Brownies</u>	<b>Chicken &amp; Rice</b> Tuna Melt on Half English Muffin W/ Bacon & Cheese Sliced Tomatoes And lettuce W/ mayo Peach Sauce  <u>Chilled Fresh Honeydew</u>	<u>Tomato Soup</u> Grilled Cheese Sandwich Sliced Tomatoes And lettuce W/ mayo Homemade Potato Salad Chunky Applesauce  <u>Homemade Cinnamon Buns</u>	<u>Homemade Soup</u> Fish Nuggets W/Tartar Sauce Homemade Macaroni Salad Pear sauce  <u>Orange Sheet Cake</u>	<u>Homemade Oyster Stew</u> Philly Chicken Cheese steak on a Roll Sliced Tomatoes And lettuce W/ mayo Applesauce  <u>Homemade Rice Pudding</u>
NOTES:	NOTES:  <b>Diabetic Desserts Available</b>	NOTES:	NOTES:	NOTES:	NOTES:  <b>Chilled Fruit Bowl Daily</b>	NOTES:

Coffee, tea, whole milk and skim milk are served with each meal. Low Sodium Chicken Noodle Soup, Diabetic Desserts; Jellies & Syrups are now available. A sandwich may be substituted for dinner or supper meal. A breadbasket is passed with every meal and a fresh fruit bowl is available at the dining room entrance. Notice\*\*\*\* Consuming raw or undercooked eggs, poultry, meats, seafood or shellfish may increase your risk of foodborne illness.