

# OXFORD VILLAGE at CANTERBURY WOODS - WEEK ONE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>L U N C H</b>	<p style="text-align: center;">Chicken Kiev * Mashed Potatoes with Chicken Gravy * Steamed Beets * Chilled Pears</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Grilled Cheddar Cheese on Wheat Bread * Steamed Beets</p>	<p style="text-align: center;">Sliced Prime Rib au Jus * Baked Potato with Sour Cream and Butter * Italian Style Stewed Tomatoes * Sliced Peaches</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Turkey Breast Cutlet stewed with Potatoes, Tomatoes &amp; Basil * Dinner Roll with Butter</p>	<p style="text-align: center;">Roast Turkey with Gravy * Yam Cuts * Green Bean Casserole * Cubed Melon Medley</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Three Cheese Quiche * Dinner Roll with Butter * Green Bean Casserole</p>	<p style="text-align: center;">Chicken Stir Fry * Steamed White Rice * Malibu Blend Vegetables * Chilled Cinnamon Applesauce</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">BBQ Country Style Pork Ribs * Grandma's Baked Beans * Malibu Blend Vegetables</p>	<p style="text-align: center;">Traditional Meat and Cheese Lasagna with Tomato Sauce * Squash Medley * Diced Pears</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Oven Fried Chicken Tenders * Oven Roasted White Potato Wedges * Squash Medley</p>	<p style="text-align: center;">Fried Beer Battered Haddock * All American Tater Tots * Creamed Corn * Chilled Mandarin Oranges</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Hot Open-Face Roast Beef Sandwich with Gravy * Creamed Corn</p>	<p style="text-align: center;">Chicken Munster * Whipped Sweet Potatoes * Steamed Brussel Sprouts * Fresh Berry Medley</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Grilled Turkey Reuben Sandwich on Wheat Bread * Steamed Brussel Sprouts</p>
<b>D I N N E R</b>	<p style="text-align: center;">Creamy Ham and Potato Casserole * Tuscan Blend Vegetables * Apple Pie (Diets = Sugar Free Apple Pie)</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Egg Salad Sandwich on White Toast * Tuscan Blend Vegetables</p>	<p style="text-align: center;">Seafood Stuffed Sole with Lemon Cream Sauce * Chopped Broccoli * Banana Cake with Frosting (Diets = plain Banana Cake with Whip Topping)</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Cottage Cheese with Tropical Fruit Plate * Freshly Baked Muffin with Butter * Chopped Broccoli</p>	<p style="text-align: center;">Swedish Meatballs over Buttered Egg Noodles * Creamed Spinach * Baked Egg Custard Pie</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Chilled Sliced Ham Sandwich on Seedless Rye Toast with Mustard * Creamed Spinach</p>	<p style="text-align: center;">Thick Cut Corned Beef * Boiled White Potatoes * Braised Cabbage Wedge * Chocolate Cream Pie (Diets= Sugar Free Chocolate Cream Pie)</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Crab Salad Sandwich on Croissant * Braised Cabbage Wedge</p>	<p style="text-align: center;">Vermont Style Macaroni and Cheese with Pimento * Normandy Blend Vegetable * Creamy Lemon Pudding (Diets = Sugar Free Lemon Pudding)</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Hot Chicken Breast Cutlet Sandwich with Caramelized Onions on a Soft Bun * Normandy Blend Vegetable</p>	<p style="text-align: center;">Cheese Tortellini with Tomato-Meat Sauce * Italian Green Beans * Dinner Roll with Butter * Cherry Topped New York Style Cheesecake (Diets= Plain Cheesecake)</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Loaded Vegetable Frittata * Dinner Roll with Butter * Italian Green Beans</p>	<p style="text-align: center;">Beef Pepper Steak * Steamed White Rice * Scandinavian Blend Vegetables * Peach Pie (Diets= Peach Halves in Juice)</p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;">Chicken Broccoli Casserole * Scandinavian Blend Vegetables</p>

# OXFORD VILLAGE at CANTERBURY WOODS - WEEK TWO

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>L U N C H</b>	<p style="text-align: center;"><b>Barbequed Boneless Pork Riblet</b> *</p> <p style="text-align: center;"><b>Pork and Beans</b> *</p> <p style="text-align: center;"><b>Steamed Cut Carrots</b> *</p> <p style="text-align: center;"><b>Chilled Purple Plums</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Cheese and Potato Pierogies with Sour Cream and Applesauce</b> *</p> <p style="text-align: center;"><b>Steamed Cut Carrots</b></p>	<p style="text-align: center;"><b>Sliced Roast Beef with Brown Gravy</b> *</p> <p style="text-align: center;"><b>Scalloped Potatoes</b> *</p> <p style="text-align: center;"><b>Asparagus Spears</b> *</p> <p style="text-align: center;"><b>Chilled Pear Half</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Sole Oscar with Asparagus Spears and Hollandaise Sauce</b> *</p> <p style="text-align: center;"><b>Scalloped Potatoes</b></p>	<p style="text-align: center;"><b>Chicken Breast Marsala</b> *</p> <p style="text-align: center;"><b>Mashed Potatoes with Gravy</b> *</p> <p style="text-align: center;"><b>Green Peas</b> *</p> <p style="text-align: center;"><b>Pineapple Tidbits</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Cottage Cheese, Hard Boiled Egg &amp; Tuna Plate</b> *</p> <p style="text-align: center;"><b>Croissant with Butter</b> *</p> <p style="text-align: center;"><b>Green Peas</b></p>	<p style="text-align: center;"><b>Beef Stroganoff</b> *</p> <p style="text-align: center;"><b>Buttered Egg Noodles</b> *</p> <p style="text-align: center;"><b>Tuscany Blend Vegetables</b> *</p> <p style="text-align: center;"><b>Fruited Lime Gelatin (Diets = Fruited Sugar Free Lime Gelatin)</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Vegetarian Stuffed Peppers baked with Tomato Sauce</b> *</p> <p style="text-align: center;"><b>Buttered Egg Noodles</b></p>	<p style="text-align: center;"><b>Shepherd Pie with Ground Beef, Niblet Corn and Golden Brown Mashed Potatoes</b> *</p> <p style="text-align: center;"><b>Dinner Roll with Butter</b> *</p> <p style="text-align: center;"><b>Fresh Banana</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Barbequed Skin-on, Boneless Chicken Breast</b> *</p> <p style="text-align: center;"><b>Mashed Potatoes with Gravy</b> *</p> <p style="text-align: center;"><b>Niblet Corn</b></p>	<p style="text-align: center;"><b>Fried Beer Battered Haddock</b> *</p> <p style="text-align: center;"><b>Chilled Potato Salad</b> *</p> <p style="text-align: center;"><b>Chilled Coleslaw</b> *</p> <p style="text-align: center;"><b>Tropical Fruit Salad</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Deli Sliced Corn Beef &amp; Swiss Cheese on Seedless Rye Bread with Mustard</b> *</p> <p style="text-align: center;"><b>Chilled Coleslaw</b></p>	<p style="text-align: center;"><b>Chicken Chardonnay</b> *</p> <p style="text-align: center;"><b>Steamed Brown Rice</b> *</p> <p style="text-align: center;"><b>Steamed Chopped Broccoli</b> *</p> <p style="text-align: center;"><b>Peach Half</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Open Face Beef Patty Melt with Onion and Provolone Cheese on Sourdough Bread</b> *</p> <p style="text-align: center;"><b>Steamed Chopped Broccoli</b></p>
<b>D I N N E R</b>	<p style="text-align: center;"><b>Cheddar Cheeseburger on a Soft Bun with Lettuce &amp; Tomato Slices</b> *</p> <p style="text-align: center;"><b>Sweet and Sour Red Cabbage</b> *</p> <p style="text-align: center;"><b>Frosted Yellow Cake (Diets = Unfrosted Cake)</b> <u>Alternate</u></p> <p style="text-align: center;"><b>Cottage Cheese with Peaches and Pears</b> *</p> <p style="text-align: center;"><b>Dinner Roll with Butter</b> *</p> <p style="text-align: center;"><b>Sweet and Sour Red Cabbage</b></p>	<p style="text-align: center;"><b>Cheesy Baked Ziti Casserole with Ricotta and Mozzarella Cheeses</b> *</p> <p style="text-align: center;"><b>Roasted Cauliflower Florets</b> *</p> <p style="text-align: center;"><b>Blueberry Cobbler (Diets = Fresh Blueberries)</b> <u>Alternate</u></p> <p style="text-align: center;"><b>Savory Beef Meatloaf</b> *</p> <p style="text-align: center;"><b>Steamed White Rice</b> *</p> <p style="text-align: center;"><b>Roasted Cauliflower Florets</b></p>	<p style="text-align: center;"><b>Lemon Butter Baked Cod Fish</b> *</p> <p style="text-align: center;"><b>Duchess Potatoes</b> *</p> <p style="text-align: center;"><b>Garden Blend Vegetable</b> *</p> <p style="text-align: center;"><b>Lemon Meringue Pie (Diets= Sugar Free Lemon Pudding)</b> <u>Alternate</u></p> <p style="text-align: center;"><b>Sliced Turkey and Bacon Sandwich on White Toast with Lettuce &amp; Tomato</b> *</p> <p style="text-align: center;"><b>Garden Blend Vegetable</b></p>	<p style="text-align: center;"><b>Turkey Tetrazzini</b> *</p> <p style="text-align: center;"><b>Buttered Sliced Beets</b> *</p> <p style="text-align: center;"><b>Pumpkin Pie with Whip Topping</b></p> <p style="text-align: center;"><u>Alternate</u></p> <p style="text-align: center;"><b>Bird of Paradise Chicken Salad Plate with Soft Fruit</b> *</p> <p style="text-align: center;"><b>Traditional Dinner Roll</b> *</p> <p style="text-align: center;"><b>Buttered Sliced Beets</b></p>	<p style="text-align: center;"><b>Chunky Glazed Apple Pork Tenderloin</b> *</p> <p style="text-align: center;"><b>Wild Rice Blend</b> *</p> <p style="text-align: center;"><b>Sautéed Mushrooms</b> *</p> <p style="text-align: center;"><b>Sponge Cake with Blueberry Topping (Diets = Sponge Cake with Whip Topping)</b> <u>Alternate</u></p> <p style="text-align: center;"><b>Beef Ravioli with Tomato Sauce</b> *</p> <p style="text-align: center;"><b>Sautéed Mushrooms</b></p>	<p style="text-align: center;"><b>Crab Cakes with Remoulade Sauce</b> *</p> <p style="text-align: center;"><b>Flakey Biscuit with Butter</b> *</p> <p style="text-align: center;"><b>Steamed Zucchini</b> *</p> <p style="text-align: center;"><b>Chocolate Cream Pie (Diets= Sugar Free Chocolate Cream Pie)</b> <u>Alternate</u></p> <p style="text-align: center;"><b>Beef Tips Stew over a Fluffy Biscuit</b> *</p> <p style="text-align: center;"><b>Steamed Zucchini</b></p>	<p style="text-align: center;"><b>Beef, Tomato, Cheese and Macaroni Goulash</b> *</p> <p style="text-align: center;"><b>Soft Dinner Roll with Butter</b> *</p> <p style="text-align: center;"><b>Boston Cream Pie (Diets = Sugar Free Vanilla Pudding)</b> <u>Alternate</u></p> <p style="text-align: center;"><b>Baby Shrimp Salad Plate</b> *</p> <p style="text-align: center;"><b>Soft Dinner Roll with Butter</b> *</p> <p style="text-align: center;"><b>Creamy Pea Soup</b></p>

# OXFORD VILLAGE at CANTERBURY WOODS - WEEK THREE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>L U N C H</b>	<p>Roast Turkey with Gravy *</p> <p>Candied Yams *</p> <p>Lima Beans *</p> <p>Diced Pears with Juice</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Grilled Thick Cut Ham Steak</p>	<p>Beef Pot Roast *</p> <p>Creamy Mashed Potatoes with Gravy *</p> <p>Rustic Cut Braised Carrot, Celery and Onion *</p> <p>Chilled Mandarin Oranges</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Fresh Herb Marinated Baked Chicken Breast</p>	<p>Cheesy Macaroni and Beef Casserole *</p> <p>Traditional Mixed Vegetables *</p> <p>Chilled Applesauce</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Grilled Tuna and Swiss Cheese Sandwich on White Bread *</p> <p>Traditional Mixed Vegetables</p>	<p>Open Face Hot Roast Beef Sandwich on White Bread with Gravy *</p> <p>Carrots with Golden Raisins *</p> <p>Apricot Halves</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Pan Seared Boneless Chicken Thighs with Gravy *</p> <p>White Rice Pilaf *</p> <p>Carrots with Golden Raisins</p>	<p>Chicken ala King over Flakey Biscuit *</p> <p>Harvard Beets *</p> <p>Chilled Fruit Cocktail</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Oven Baked Cabbage Rolls topped with Tomato Sauce *</p> <p>Dinner Roll with Butter</p>	<p>Fried Beer Battered Haddock *</p> <p>Chilled Macaroni Salad *</p> <p>Steamed Chopped Broccoli</p> <p style="text-align: center;">*</p> <p>Cantaloupe Cubes</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Spaghetti and Meatballs with Tomato Sauce *</p> <p>Steamed Chopped Broccoli</p>	<p>Chicken and Biscuit with Rich Chicken Gravy *</p> <p>Peas and Pearl Onions *</p> <p>Sliced Strawberries</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Mini Beef Meatball Sandwich on Soft Bun with Tomato Sauce *</p> <p>Peas and Pearl Onions</p>
<b>D I N N E R</b>	<p>Creamy Macaroni and Cheese *</p> <p>Stewed Tomatoes *</p> <p>Iced Chocolate “Nut-free” Brownie (Diets= Sugar Free “Nut Free” Chocolate Brownie)</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Grilled Chicken Breast on Soft Bun with Lettuce and Tomato *</p> <p>Stewed Tomatoes</p>	<p>Orange Honey Glazed Salmon Filet *</p> <p>Baked Sweet Potato *</p> <p>Prince Edward Blend Vegetables *</p> <p>Tapioca Pudding (Diets = Sugar Free Vanilla Pudding)</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Ricotta Cheese filled Crepe Manicotti with Creamy Mushroom Sauce *</p> <p>Slice of Soft Italian Bread And Butter</p>	<p>Oven Roasted Pork Tenderloin with Pears *</p> <p>Fried Baby White Potatoes *</p> <p>Whipped Hubbard Squash *</p> <p>Ambrosia</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Filet Mignon with Mixed Herb Demi</p>	<p>Veal Marsala *</p> <p>Baked Russet Potato *</p> <p>Steamed Asparagus Spears *</p> <p>Pound Cake with Fruit Topping (Diets = Plain Pound Cake)</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Sahlen’s Hot Dog on Soft Bun with Condiments *</p> <p>Steamed Asparagus Spears</p>	<p>French Onion Chicken *</p> <p>Baked Sweet Potato *</p> <p>Steamed Chopped Spinach *</p> <p>Rich Chocolate Mousse (Diets = Sugar Free Chocolate Pudding)</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Ham Salad Sandwich on Wheat Bread with Mustard *</p> <p>Lettuce and Tomato Slices</p>	<p>Tuna Noodle Casserole *</p> <p>French Style Green Beans *</p> <p>Frosted Orange Cake (Diets = Unfrosted Orange Cake)</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Salisbury Steak with Savory Gravy *</p> <p>Mashed Potatoes *</p> <p>French Style Green Beans</p>	<p>Cheese Omelet topped with sautéed Sweet Red Peppers &amp; Onions *</p> <p>Country Style Home Fried Potatoes *</p> <p>Brussels Sprouts with Bacon *</p> <p>Nut-free Carrot Cake with Cream Cheese Frosting (Diets = Plain nut-free Carrot Cake)</p> <p style="text-align: center;"><u>Alternate</u></p> <p>Sweet and Sour Popcorn Chicken</p>