

Menu sample

Breakfast	Lunch	Supper
Bagels & cream cheese	Lasagna	Grilled cheese
French toast	Roast Beef	Tortellini
Pancakes	Hamburgers	Macaroni & cheese/meat
Fried eggs	Spaghetti	Pizza buns
Scrambled eggs	Shepherd's pie	Submarine sandwiches
Muffins	Chicken breast/legs	Sloppy Joes
Yogourt	Chicken pot pie	Fajitas