

SPRING/SUMMER 2015

Here's a typical week's menu.

FENNO HOUSE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad
	Fruit <u>or</u> Chicken Soup	Fruit <u>or</u> Minestrone Soup	Fruit <u>or</u> Tomato Soup	Fruit <u>or</u> Onion Soup	Fruit <u>or</u> Vegetable and Bean Soup	Fruit <u>or</u> Fish Chowder	Fruit <u>or</u> Split Pea and Ham Soup
	Chicken Legs <u>OR</u> Baked Macaroni & Cheese ♥	Salisbury Steak <u>OR</u> Vegetable Omelet ♥	Pork Cutlet w/ Gravy <u>OR</u> Shrimp Stir Fry ♥	Chicken Francese <u>OR</u> Cod Tuscany ♥	Beef Stew <u>OR</u> Chicken Lemon ♥ w/Oregano Mashed Potatoes Peas	Manicotti <u>OR</u> Spinach Stuffed Sole ♥	Sausage Subs w/Peppers & Onions <u>OR</u> Chicken w/Rice ♥ Baked Beans
	Baked Potatoes Broccoli	Roasted Sweet Potatoes Corn	Rice Spinach	Twice Baked Potato Carrots	Chef's Choice Fruit Bread Variety of SF Desserts	Roasted Potatoes Roasted Zucchini	Assorted Ice Creams or Root Beer Float Variety of SF Desserts
	Blueberry Pie Variety of SF Desserts	Vanilla Pudding Variety of SF Desserts	Brownies Variety of SF Desserts	Apple Pie Variety of SF Desserts		Bread Pudding Variety of SF Desserts	
SUPPER	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad
	Fruit <u>or</u> Minestrone Soup	Fruit <u>or</u> Tomato Soup	Fruit <u>or</u> Onion Soup	Fruit <u>or</u> Vegetable and Bean Soup	Fruit <u>or</u> Fish Chowder	Fruit <u>or</u> Split Pea and Ham Soup	Fruit <u>or</u> Chicken Soup
	Chef Special <u>OR</u> Baked Chicken ♥ <u>or</u> Fish	Pancakes w/Bacon <u>or</u> Sausage <u>OR</u> Baked Chicken ♥ <u>or</u> Fish	American Chop Suey Tomato & Cucumber Salad <u>OR</u> Baked Chicken ♥ <u>or</u> Fish	Grilled Bacon Tomato & Cheese Sandwich Potato Salad <u>OR</u> Baked Chicken ♥ <u>or</u> Fish	Ham Salad Sandwich on Whole Wheat Bread Succotash <u>OR</u> Baked Chicken ♥ <u>or</u> Fish	Roast Beef & Swiss On Dark Rye Wax Beans <u>OR</u> Baked Chicken ♥ <u>or</u> Fish	Vegetable or Meat Quiche Roasted Potato Wedges Beets <u>OR</u> Baked Chicken ♥ <u>or</u> Fish
	Chef's Choice Starch & Vegetable	Fresh Fruit			Chefs Choice Fruit Bread Variety of SF Desserts	Bread Pudding Variety of SF Desserts	Assorted Ice Creams or
	Blueberry Pie Variety of SF Desserts	Vanilla Pudding Variety of SF Desserts	Brownies Variety of SF Desserts	Apple Pie Variety of SF Desserts			

Before placing your order, please inform your server if a person in your party has a food allergy. Alternative menus are always available. Coffee, tea, milk, fresh fruit and soup are offered at each meal. Garden salad, plain baked chicken or fish are offered at dinner and supper. **Whole wheat bread available daily.** ♥ Indicates Heart Healthy entrees that are acceptable menu choices if you are on a low fat, sodium restricted or sugar restricted diet plan. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Dietitian signature on file. Fitz, Vogt & Associates, Ltd. Spring/Summer 2015.