

**Ruggles House**  
Fall & winter Menu week #4

<u>01/16/11</u> Sunday	<u>01/17/11</u> Monday	<u>01/18/11</u> Tuesday	<u>01/19/11</u> Wednesday	<u>01/20/11</u> Thursday	<u>01/21/11</u> Friday	<u>01/22/11</u> Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Brunch	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Eggs Benedict Pancakes Maple Syrup Fresh Fruit Coffee Cake	Chicken Carbonara Alt: Roast Beef meal Rice Pilaf Carrots Fresh Fruit	Goulash Including noodles Beet Salad Cookies	Pork Steaks Roasted root vegetables Rice Peas Alt: Goulash Ice Cream	Meat Loaf Gravy Mashed Potatoes Brussel Sprouts Bread Pudding	Baked Haddock Alt: Meat Loaf meal Swiss Chard Brown Rice Chocolate Cake Ice Cream	Roasted Ham Scalloped Potatoes Carrots Vanilla Pudding
<i>Your Choice of Tossed Salad &amp; Dressinas</i>	<i>Your Choice of Tossed Salad &amp; Dressinas</i>	<i>Your Choice of Tossed Salad &amp; Dressinas</i>	<i>Your Choice of Tossed Salad &amp; Dressinas</i>	<i>Your Choice of Tossed Salad &amp; Dressinas</i>	<i>Your Choice of Tossed Salad &amp; Dressinas</i>	<i>Your Choice of Tossed Salad &amp; Dressinas</i>
Supper	Supper	Supper	Supper	Supper	Supper	Supper
English Muffin Pizza Carrot and raisin salad Green bean Casserole Ice cream	Corn Chowder Turkey Clubs Sandwiches Fresh Fruit Clam Chowder Ice cream	Veggi or Beef Burger Potato, kale soup Fruit Ice Cream	Tomato Soup Pulled Pork sandwich Rolls Ice cream	Black Bean Soup Egg salad sandwiches Vegetable soup Fresh fruit Ice cream	Meatball Subs Chicken Patty sandwich Tomatoes & lettuce Buns	Corn and red pepper chowder Tuna Casserole Cookies

Coffee, Tea, Milk & Juices are offered at every meal  
Menu Subject to Change