



MENU - WEEK 3

SPRING/SUMMER 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| FRENCH TOAST - 1 SLICE BACON - 2 SLICES GF MAPLE SYRUP ORANGES - 1/2 CUP JUICE - 4OZ GF | 2 EGGS OVER MEDIUM - GF WHEAT TOAST - 2 SLICES FRUIT CUP - 1/2 CUP GF JUICE - 4OZ GF | 2 SCRAMBLED EGGS HASHBROWNS-1/2 C GF WHEAT TOAST - 2SL JUICE - 4OZ GF | 2 FLUFFY PANCAKES BERRY TOPPING - 2 OZ GF BACON - 2 SLICES GF JUICE - 4OZ GF | CHEESE OMELET - 4 OZ GF TOAST - 2 SLICES YOGURT - 4 OZ JUICE - 4OZ GF | HOT OR COLD CERERAL - 1/2 CUP GF CINNAMON ROLL - 1 FRESH BANANA - 1 GF JUICE - 4OZ GF | FRIED EGG & CHEESE GF SANDWICH - 4OZ PEARS - 1/2 CUP GF JUICE - 4OZ GF |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| GOULASH - 6 OZ ASPARAGUS-1/2 CUP GF GARLIC KNOT - 1 BLUEBERRY PIE - 1 SL BLUEBERRY PIE - 1/2 SL | POT ROAST WITH POTATOES, CARROTS & ONIONS - 6 OZ GF WARM DINNER ROLL WATERMELON - 1 SL GF WATERMELON - 1 SL GF | CHEF'S SALAD - 6 OZ GF HAM, TURKEY - 3 OZ TOMATOES, CHEESE, CUCUMBERS, AND MUSHROOMS BREADSTICK - 1 DUTCH APPLE PIE - 1 SL DUTCH APPLE PIE-1/2 SL | BROCCOLI ALFREDO - 4 OZ GF OVER NOODLES - 1/2 C WAX BEANS - 1/2 C GF CHEESECAKE - 1 SLICE CHEESECAKE - 1/2 SLICE | OPEN FACED TURKEY SANDWICH WITH GRAVY - 5 OZ MASHED POTATOES - 1/2 CUP GF SPINACH - 1/2 CUP GF CRANBERRY SAUCE GF ORANGES - 1/2 CUP ORANGES - 1/2 CUP | SEAFOOD SALAD-3OZ GF ON A CROISSANT PEAS AND CARROTS - 1/2 CUP GF GRAPES - 1/2 CUP GRAPES - 1/2 CUP | ROAST BEEF DINNER GF MASHED POTATOES 1/2 CUP GF GRAVY - 1 OZ GF GREEN BEANS - 1/2 CUP GF WARM DINNER ROLL FRUIT - 1/2 CUP FRUIT - 1/2 CUP |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| GRILLED TURKEY AND SWISS (GF) ON RYE-5 OZ CREAM OF VEGETABLE - 1/2 CUP CRACKERS - 2 APPLESAUCE-1/2 CUP GF ICE CREAM ICE CREAM | CHICKEN SALAD GF ON WHEAT - 5 OZ CHICKEN TORTELLINI SOUP - 1/2 CUP CRACKERS - 2 PEACHES - 1/2 CUP GF PEACHES - 1/2 CUP GF | TUNA MELT - 5 OZ NEW ENGLAND CLAM CHOWDER HONEYDEW - 1/2 CUP HONEYDEW - 1/2 CUP | CHICKEN TENDERS-3OZ FRENCH FRIES - 1/2 C GF CORN - 1/2 CUP GF MIXED MELON - 1/2 CUP MIXED MELON - 1/2 CUP | COLD PLATE: HAM SALAD-3 OZ GF POTATA SALAD 1/2 CUP LETTUCE, TOMATO 2OZ COTTAGE CHEESE, PEACHES WHEAT DINNER ROLL-1 JELLO W/WHIPPED CREAM-1/2C JELLO W/WHIPPED CREAM-1/2C | BBQ PORK ON A BUN - 5 OZ COLESLAW - 1/2 CUP GF APPLE CRISP - 1/2 CUP APPLE CRISP - 1/2 CUP | TURKEY SANDWICH-4OZ LETTUCE, TOMATO -2OZ FRENCH ONION SOUP - 1/2 CUP GF CRACKERS - 2 COOKIES - 2 COOKIES - 1 |

SUBSTITUTION LIST: PLEASE REQUEST ALTERNATIVES 2 HOURS PRIOR TO MEAL

Grilled Cheese, hotdog, hamburger

Sandwiches: sliced ham, turkey, chicken salad, tuna, ham salad, egg salad

DRINKS BELOW ARE OFFERED AT ALL MEALS:

Milk, ice water, coffee, tea and juice.