



MENU - WEEK 4

SPRING/SUMMER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
FRENCH TOAST - 1 SLICE WITH APPLE TOPPING - 1/2 CUP GF SAUSAGE LINKS - 2 GF JUICE - 4OZ GF	2 EGGS OVER MEDIUM - GF WHEAT TOAST - 2 SLICES FRUIT CUP - 1/2 CUP GF JUICE - 4OZ GF	2 SCRAMBLED EGGS GF HASHBROWNS -1/2 CUP GF WHEAT TOAST - 2 SLICES ORANGES - 1/2 CUP GF 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 FRESH BANANA - 1 JUICE - 4OZ GF	FRIED EGG & CHEESE SANDWICH - 4 OZ GF FRUIT CUP - 1/2 CUP GF JUICE - 4OZ GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
STUFFED CHICKEN BREAST WITH CHEESE AND BROCCOLI - 5OZ BAKED POTATO-3 OZ GF CAULIFLOWER-1/2 C GF SOUR CREAM - 1 OZ GF PEACH COBBLER - 1/2 C	TURKEY WRAP - 5 OZ TOMATO AND CUCUMBER SALAD - 1/2 CUP GF POTATO CHIPS - 1/2 CUP GF RICE PUDDING - 1/2 CUP GF	SPINACH SALAD-6OZ GF BLACK OLIVES, ROASTED RED PEPPERS, HARD BOILED EGG, BACON BREADSTICK - 1 BANANA CREAM PIE-1 SL	PORK ROAST - 3 OZ GF MASHED POTATOES - 1/2 CUP GF GRAVY - 1 OZ GF BRUSSEL SPROUTS - 1/2 CUP GF WARM DINNER ROLL WATERMELON - 1 SL GF	CHICKEN MARSALA - 4 OZ GF ROASTED POTATOES - 1/2 CUP GF CARROTS AND PEAS - 1/2 CUP GF WHEAT DINNER ROLL PEARS - 1/2 CUP GF	MACARONI AND CHEESE - 6 OZ STEWED TOMATOES-1/2 CUP GF WARM DINNER ROLL ICE CREAM SANDWICH	SALISBURY STEAK-3OZ GF MUSHROOM GRAVY MASHED POTATOES - 1/2 CUP GF MIXED VEGETABLE-1/2 CUP GF WARM DINNER ROLL PEACHES - 1/2 CUP GF
CC PEACH COBBLER - 1/2 C	RICE PUDDING - 1/2 CUP GF	BANANA CREAM PIE-1/2 S	WATERMELON - 1 SL GF	PEARS - 1/2 CUP GF	ICE CREAM SANDWICH	PEACHES - 1/2 CUP GF
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
GRILLED CHEESE - 4 OZ TOMATO SOUP - 1/2 C GF CRACKERS - 2 PICKLE - 1 GF BROWNIE - 1	BACON, LETTUCE AND TOMATO SANDWICH - 5 OZ CHICKEN NOODLE SOUP - 1/2 CUP CRACKERS - 2 CANTALOUPE - 1/2 CUP GF]	CHEESEBURGER GF ON A BUN - 5 OZ LETTUCE, TOMATO GF MAC & CHEESE - 1/2 C 3 BEAN SALAD - 1/2 C GF JELLO W/ FRUIT - 1/2 C	BBQ CHICKEN (GF) ON A BUN - 5 OZ COLESLAW - 1/2 CUP GF FRENCH FRIES - 1/2 CUP GF FRIES - 1/2 CUP GF BLUEBERRIES - 1/2 CUP GF	COLD PLATE: TURKEY SALAD-3 OZ GF POTATO SALAD 1/2 CUP LETTUCE, TOMATO 2OZ COTTAGE CHEESE 2 OZ GF PEACHES - GF, CROSSIANT LEMON BAR - 1	EGG SALAD SANDWICH - 5OZ NEW ENGLAND CLAM CHOWDER - 1/2 CUP PICKLES - 1 GF CRACKERS - 2 GRAPES - 1/2 CUP GF	GRILLED HAM AND CHEESE (GF) ON RYE - 5OZ CHICKEN NOODLE SOUP - 1/2 CUP CRACKERS - 2 STRAWBERRY SHORTCAKE
CC BROWNIE - 1	CANTALOUPE - 1/2 CUP GF]	JELLO W/ FRUIT - 1/2 C	BLUEBERRIES - 1/2 CUP GF	LEMON BAR - 1	GRAPES - 1/2 CUP GF	STRAWBERRY SHORTCAKE

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.