



MENU - WEEK 5

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 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 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 FRUIT COCKTAIL - 1/2 C GF JUICE - 4OZ GF	HOT OR COLD CERERAL - 1/2 CUP GF CINNAMON ROLL - 1 JUICE - 4OZ GF	FRIED EGG & CHEESE SANDWICH - 4 OZ GF PEACHES - 1/2 CUP GF JUICE - 4OZ GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BAKED HAM - 3 OZ GF FRESH BAKED SWEET POTATOES - 1/2 CUP GF ASPARAGUS - 1/2 CUP WARM DINNER ROLL TAPIOCA PUDDING-1/2 C GF	TURKEY SUB - 4 OZ CHEESE, LETTUCE, TOMATO - 3 OZ GF POTATO SALAD-1/2 CUP CHILLED BEETS-1/2 CUP WATERMELON - 1/2 CUP GF	CHICKEN ALFREDO - 3 OZ GF OVER BUTTERED NOODLES - 1/2 CUP WAX BEANS-1/2 CUP GF ITALIAN BREAD - 1 SL GRAPES - 1/2 CUP GF	SPANISH RICE - 6 OZ GF GREEN BEANS-1/2 CUP GF WHEAT BREAD - 1 SL MIXED BERRIES - 1/2 CUP	HOT DOG ON A BUN - 1 MACARONI SALAD - 1/2 CUP BAKED BEANS - 1/2 CUP GF JELLO - 1/2 CUP GF	BURRITO WITH RICE AND BLACK BEANS TOMATO AND CUCUMBER SALAD - 1/2 CUP GF SHERBERT - 1/2 CUP GF	CALIFORNIA CHICKEN SALAD GF WITH GRAPES ON A CROISSANT SWEET POTATO FRENCH FRIES - 1/2 CUP GF MIXED MELON - 1/2 CUP GF
TAPIOCA PUDDING-1/2 C GF	WATERMELON - 1/2 CUP GF	GRAPES - 1/2 CUP GF	MIXED BERRIES - 1/2 CUP	JELLO - 1/2 CUP GF	SHERBERT - 1/2 CUP GF	MIXED MELON - 1/2 CUP GF
CC TAPIOCA PUDDING-1/2 C GF	WATERMELON - 1/2 CUP GF	GRAPES - 1/2 CUP GF	MIXED BERRIES - 1/2 CUP	JELLO - 1/2 CUP GF	SHERBERT - 1/2 CUP GF	MIXED MELON - 1/2 CUP GF
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
PHILLY CHEESESTEAK WITH PEPPERS, ONIONS AND MUSHROOMS GF ON A SUB ROLL TOSSED SALAD-1/2 CUP GF LEMON MERINGUE PIE-1SL	2 SOFT TACOS (BEEF) LETTUCE, CHEESE, TOMATO, SOUR CREAM TACO SAUCE MEXI-CORN-1/2 CUP GF CHOC MOUSSE - 1/2 CUP GF	BLT ON WHEAT - 5 OZ SPINACH & MANDARIN ORANGE SALAD-1/2 CUP GF SUN CHIPS - 1/2 CUP COOKIES - 2	CREAM OF CHICKEN CASSEROLE - 6 OZ BROCCOLI - 1/2 CUP GF CHERRY PIE - 1 SLICE	GOULASH - 6 OZ CARROTS - 1/2 CUP GF WARM DINNER ROLL ANGEL CAKE W/FRUIT	VEGETABLE LASAGNA-6 OZ FRENCH GREEN BEANS - 1/2 CUP GF ITALIAN BREAD - 1 SL BROWNIES - 1	TUNA NOODLE CASSEROLE - 6 OZ PEAS - 1/2 CUP GF WHEAT BREAD - 1 SL CHEF CHOICE CAKE - 1 SL
CC LEMON MERINGUE PIE 1/2	CHOC MOUSSE - 1/2 CUP GF	COOKIES - 1	CHERRY PIE - 1/2 SLICE	ANGEL CAKE W/FRUIT	BROWNIES - 1	CHEF CHOICE CAKE - 1/2 SL

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.