



MENU - WEEK 3

Fall/Winter 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Bacon Maple Syrup Oranges Juice	Eggs Over Medium Wheat Toast Fruit Cup Juice	Scrambled Eggs Hashbrowns Wheat Toast Juice	Fluffy Pancakes Berry Topping Bacon Juice	Cheese Omelet Toast Yogurt Juice	Hot or Cold Cereal Cinnamon Bun Fresh Banana Juice	Fried Egg & Cheese Sandwich Pears Juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Stuffed Shells w/ Meatball Tomato and Cucumber Salad Dinner Roll Lemon Bar	Beef Stew with Potatoes, Carrots, and Peas Dinner Roll Apple Crisp	Open Faced Turkey sandwich w/ Gravy Mashed Potatoes Creamed Corn Pumpkin Pie	Meatloaf Baked Potato Sour Cream Green Beans Dinner Roll Tropical Fruit	Breaded Baked Chicken Baked Sweet Potato Asparagus Dinner Roll Oranges	Baked Haddock Rice Pilaf Mixed Veggies Dinner Roll Grapes	Roast Beef Mashed Potatoes Gravy Spinach Salad Dinner Roll Cherry Pie
CC Lemon Bar	Apple Crisp	Pumpkin Pie	Tropical Fruit	Oranges	Grapes	Cherry Pie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey Salad on Wheat Bean Soup Crackers Peaches	Grilled Ham & Swiss on Wheat Cream of Vegetable Crackers Pears	Chili Cornbread Muffin Carrots Mixed Melon	BBQ Pork on a Bun Coleslaw French Fries Chocolate cake	Meatball sub Potato Chips Cottage Cheese Broccoli Cheesecake	Tuna Melt Cream of Potato soup Crackers Chocolate Pudding	Turkey Sandwich w/Lettuce & Tomato Applesauce Beets Cookies
CC Peaches	Pears	Mixed Melon	Chocolate cake	Cheesecake	Chocolate Pudding	Cookies

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.