



MENU - WEEK 1

SPRING/SUMMER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
FRENCH TOAST - 1 SLICE BACON - 2 SLICES GF MAPLE SYRUP MELON - 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 FRESH BANANA - 1 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 BERRY MUFFIN - 1 BANANA - 1 GF 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
HAM DINNER WITH PINEAPPLE GLAZE - 4 OZ GF Scalloped Potatoes 1/2 CUP GF or Yams 1/2 Cup GF GLAZED CARROTS - 1/2 CUP GF WHEAT BREAD - 1 SLICE OATMEAL COOKIES	SIRLOIN TIPS - 3OZ GF OVER BUTTERED NOODLES - 1/2 CUP PEAS AND CARROTS - 1/2 CUP GF DINNER ROLL - 1 Alt: Hot Dog BUTTERSCOTCH PUDDING	COBB SALAD GF HAM, TURKEY, EGGS, BACON, TOMATO ICEBERG LETTUCE - 6OZ SOFT DINNER ROLL ALT: GOULASH BANANA CREAM PIE	HAMBURGER GF ON A BUN - 4 OZ MACARONI SALAD - 1/2 CUP SQUASH MEDLEY - 1/2 CUP MIXED MELON - 1/2 CUP	BAKED BREADED CHICKEN BREAST - 4 OZ SWEET POTATO - 1/2 CUP CREAM CORN - 1/2 CUP CANDIED APPLE RINGS - 1/2 CUP DINNER ROLL GRAPES - 1/2 CUP GF	PHILLY CHEESESTEAK WITH GREEN PEPPERS, ONIONS, MUSHROOMS AND CHEESE - 4 OZ GF ON A SUB ROLL TOSSED SALAD - 1/2 C ALT: BAKED MAC & CHEESE Apple Raspberry Pie	ROASTED TURKEY BREAST HOMEMADE STUFFING MASHED POTATOES & GRAVY - 2 OZ SQUASH - 1/2 CUP CRANBERRY SAUCE - 4OZ CHEESECAKE WITH FRUIT TOPPING
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
TURKEY CLUB ON TOASTED WHITE BREAD WITH MAYO, LETTUCE, TOMATO-2 OZ CHEESE, BACON APPLESAUCE - 1/2 CUP GF Potato Salad - 1/2 CUP FRUIT COCKTAIL - 1/2 CUP	GRILLED HAM AND SWISS ON RYE BREAD COTTAGE CHEESE - 1/2 CUP POTATO CHIPS - 1/2 CUP VEGETABLE BEEF Alt: Mac & Cheese ORANGES - 1/2 CUP GF	GRILLED REUBEN SANDWICH ON RYE TATER TOTS - 1/2 CUP BROCCOLI - 1/2 CUP PEACHES - 1/2 CUP	TORTELLINI SALAD - 6OZ CHILLED BEETS - 1/2 CUP ITALIAN BREAD - 1 SL ALT: CHIPPED BEEF ON TOAST BROWNIE - 1	COLD PLATE: HAM SALAD - 3 OZ GF BROCCOLI SALAD-1/2 C GF LETTUCE, TOMATO, COTTAGE CHEESE-2 OZ BREADSTICK Tomato Soup (made w/ Milk) PEACH COBBLER-1/2 CUP	FISH SANDWICH ON A BUN COLESLAW - 1/2 CUP TARTAR SAUCE FRENCH FRIES - 1/2 CUP LEMON WEDGE ALT: BAKED MAC & CHEESE WATERMELON - 1 SL	ROAST BEEF AND SWISS (GF) ON RYE-5 OZ LETTUCE/TOMATO-2OZ APPLESAUCE - 1/2 C GF POTATO CHIPS-1/2 C GF JELLO W/ Fruit-1/2 CUP GF
FRUIT COCKTAIL - 1/2 CUP	ORANGES - 1/2 CUP GF	PEACHES - 1/2 CUP	BROWNIE - 1	PEACH COBBLER-1/2 CUP	WATERMELON - 1 SL	JELLO W/ Fruit-1/2 CUP GF

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.