



MENU - WEEK 3

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 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
POT ROAST WITH POTATOES, CARROTS & ONIONS - 6 OZ GF WARM DINNER ROLL WATERMELON	GOULASH POTATOES, CARROTS & ONIONS - 6 OZ GF WARM DINNER ROLL WATERMELON	SPAGHETTI - 6 oz HOMEMADE MEATBALL TOSSED SALAD - 1/2 CUP GARLIC KNOT GRILIC KNOT DUTCH APPLE PIE	CREAMY BROCCOLI ALFREDO OVER PASTA WAX BEANS - 1/2 CUP CHEESECAKE WITH	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	SEAFOOD SALAD ON A CROISSANT PEAS AND CARROTS - 1/2 C ALT: VEGETABLE LASAGNA GRAPES - 1/2 CUP	ROAST BEEF DINNER MASHED POTATOES GRAVY - 2OZ GREEN BEANS - 1/2 CUP DINNER ROLL - 1 STRAWBERRIES - 1/2 CUP
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
TURKEY AND SWISS ON RYE BREAD CREAM OF VEGETABLE SOUP - 1/2 CUP CRACKERS - 2 APPLESAUCE MINT CHIP ICE CREAM	CALIFORNIA CHICKEN SALAD ON WHEAT BREAD CHICKEN TORTELLINI SOUP CRACKERS - 2 PEACHES - 1/2 CUP GF	TUNA MELT - 5 OZ NEW ENGLAND CLAM CHOWDER SOUP DILL PICKLES ALT: MAC & CHEESE - 6 OZ HONEYDEW - 1/2 CUP	CHICKEN TENDERS-3OZ TATER TOTS - 1/2 CUP CORN - 1/2 CUP RANCH DRESSING DIP MIXED MELON - 1/2 CUP	HOT DOG ON A BUN OR KIELBASA W/SAUERKRAUT POTATO SALAD COTTAGE CHEESE BREADSTICK JELLO W/WHIPPED CREAM-1/2C	BBQ PORK ON A BUN COLESLAW - 1/2 CUP SWEET POTATO FRIES ALT: EGG OR TUNA SALAD SANDWICH APPLE CRISP	TURKEY SANDWICH-4OZ LETTUCE, TOMATO -2OZ FRENCH ONION SOUP - 1/2 CUP GF CRACKERS - 2 OATMEAL RAISIN COOKIES
MINT CHIP ICE CREAM	PEACHES - 1/2 CUP GF	HONEYDEW - 1/2 CUP	MIXED MELON - 1/2 CUP	JELLO W/WHIPPED CREAM-1/2C	APPLE CRISP	OATMEAL RAISIN 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.