



MENU - WEEK 5

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 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 WITH SWEET POTATOES ASPARAGUS - 1/2 CUP DINNER ROLL - 1 TAPIOCA PUDDING-1/2 C GF	TURKEY OR ROAST BEEF SANDWICH WITH LETTUCE, TOMATO, CHEESE CHILLED BEETS - 1/2 CUP POTATO SALAD - 1/2 CUP WATERMELON - 1/2 CUP GF	STUFFED SHELLS WITH SAUCE WAX BEANS - 1/2 CUP ITALIAN BREAD - 1 SL STRAWBERRIES	HOMEMADE MEATLOAF BAKED POTATO SOUR CREAM GREEN BEANS - 1/2 CUP WARM DINNER ROLL CHERRY PIE	HOT DOG ON A BUN - 1 MACARONI SALAD - 1/2 CUP BAKED BEANS - 1/2 CUP GF ALT: KIELBASA ON A ROLL WITH SAUERKRAUT JELLO - 1/2 CUP GF	FISH SANDWICH COLESLAW ONION RINGS ALT: SHRIMP SCAMPI GF ICE CREAM CUP	TUNA NOODLE CASSEROLE - 6 OZ PEAS - 1/2 CUP GF WHEAT BREAD - 1 SL ALT: TUNA MELT MIXED MELON - 1/2 CUP GF
CC	TAPIOCA PUDDING-1/2 C GF	WATERMELON - 1/2 CUP GF	STRAWBERRIES	CHERRY PIE	JELLO - 1/2 CUP GF	ICE CREAM CUP	MIXED MELON - 1/2 CUP GF
	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	PIEROGI'S AND ONIONS WITH GLAZED CARROTS WARM DINNER ROLL ALT: GRILLED HOTDOG MACARONI AND CHEESE CHOC MOUSSE - 1/2 CUP GF	CREAM OF CHICKEN CASSEROLE STEAMED BROCCOLI ALT: CHICKEN POT PIE LEMON MERINGUE PIE	BLT ON WHEAT - 5 OZ BABY SPINACH AND MANDARIN ORANGE SALAD WITH CITRUS VINEGRETTE VEGETABLE SUN CHIPS PEANUT BUTTER COOKIES	HOMEMADE SPANISH RICE WITH BEEF, RICE PEPPERS, AND DICED TOMATOES BROCCOLI - 1/2 CUP WHEAT BREAD - 1 SL ALT: ITALIAN SANDWICH W/ SALAMI, HAM, BOLOGNA ASSORTED PIE - 1 SLICE	GOULASH - 6 OZ CORN - 1/2 CUP GF SOFT DINNER ROLL ANGEL CAKE W/FRUIT	VEGETABLE LASAGNA FRENCH GREEN BEANS - 1/2 CUP GF ITALIAN BREAD - 1 SL BROWNIES - 1	CALIFORNIA CHICKEN SALAD GF WITH GRAPES ON A CROISSANT SWEET POTATO FRENCH FRIES - 1/2 CUP GF CHEF CHOICE CAKE - 1 SL
CC	CHOC MOUSSE - 1/2 CUP GF	LEMON MERINGUE PIE	PEANUT BUTTER COOKIES	ASSORTED PIE - 1 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.