



MENU - WEEK 2

Fall/Winter 2022-2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Bacon GF Maple Syrup GF Oranges GF Juice GF	Eggs Over Medium GF Wheat Toast slices Fruit Cup GF Juice GF	Scrambled Eggs GF Hashbrowns GF Wheat Toast slice Juice GF	Fluffy Pancakes Berry Topping GF Bacon GF Juice GF	Cheese Omelet GF Toast slices Yogurt GF Juice GF	Hot or Cold Cereal Apple Turnover Fresh Banana Juice GF	Fried Egg & Cheese GF Sandwich Pears GF Juice GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salisbury Steak GF Mushroom Gravy Egg Noodles Peas & Pearl Onions GF Bread ALT: Meat Lasagna Pears GF Pears GF	Chicken & Biscuits Cheddar Mashed Potatoes GF Mixed Vegetables GF Dutch Apple Pie Dutch Apple Pie	Ziti w/Meat Sauce Tossed Salad GF Garlic Knot Blueberry Pie Blueberry Pie	Sweet & Sour Chicken GF over Rice GF Broccoli GF Dinner Roll Oranges GF Oranges GF	Roast Beef GF Mashed Potatoes GF Gravy Carrots GF Wheat roll Cherry Pie Cherry Pie	Breaded Baked Haddock Baked Potato GF Sour Cream GF California Blend GF Lemon Wedge GF Wheat Roll Ice Cream Sandwich Ice Cream Sandwich	Breaded Baked Chicken Roasted Potatoes GF Carrots GF Dinner Roll Coconut Cream Pie Coconut Cream Pie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Grilled Cheese Tomato Soup GF Pickles GF Crackers Brownie Brownie	Bacon, Lettuce & Tomato Sandwich Chicken Noodle Soup Crackers Cantaloupe GF Cantaloupe GF	Hamburger GF on a Bun Baked Beans GF Macaroni Salad Grape salad GF Grape salad GF	Pizza Wing Dings Celery GF Ranch Dressing GF Cherry Crisp Cherry Crisp	Chicken Pot Pie Beets GF Dinner Roll ALT: Pierogies w/Onions Strawbrry Banana Cake Strawbrry Banana Cake	Egg Salad Sandwich New England or Manhattan Clam Chowder Crackers Fruit Cocktail GF Fruit Cocktail -GF	Sloppy Joe GF on Bun Italian Wedding Soup Crackers Applesauce GF Applesauce 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.

Approved as written 10/10/22

Bonny Kelly/MS, RD, LDN