



MENU - WEEK 3

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 Muffin Fresh Banana GF Juice GF | Fried Egg & Cheese GF Sandwich Pears GF Juice GF |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Stuffed Shells w/ Meat Sauce Tossed Salad GF Dinner Roll Alt: Cheeseburger Lemon Bar | Beef Stew with Potatoes, Carrots, and Peas GF Dinner Roll Alt: Kielbasa & Sauerkraut GF Apple Crisp | Chicken Parmesan Penne Pasta w/Sauce Tomato and Cucumber Salad GF Dinner Roll Chocolate Chip Cookie | Meatloaf Baked Potato GF Sour Cream GF Green Beans GF Dinner Roll Mixed Berries GF | Breaded Baked Chicken Baked Sweet Potato GF Asparagus GF Dinner Roll Oranges GF | Breaded & Baked Haddock Rice Pilaf GF Mixed Veggies GF Dinner Roll Alt: Meat Lasagna Grapes GF | Chicken Alfredo Over Spiral Pasta Wax Beans GF Garlic Knot Alt: Macaroni & Cheese Cherry Pie |
| CC Lemon Bar | Apple Crisp | Chocolate Chip Cookie | Mixed Berries GF | Oranges GF | Grapes GF | Cherry Pie |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Turkey Salad GF on Wheat Bean Soup GF Crackers Peaches GF | Grilled Ham & Swiss GF on Seedless Rye Cream of Vegetable Crackers Pears GF | Chili GF Cornbread Muffin Carrots GF Alt: Garden Salad GF Mixed Melon GF | BBQ Pork on a Bun Coleslaw GF French Fries GF Alt: Reuben Sandwich Chocolate Cake | Meatball Sub w/Pasta OR Potato Chips GF Cottage Cheese GF Broccoli GF Cheesecake | Tuna Melt Cream of Potato Soup Crackers Alt: Manhattan Clam Chowder Chocolate Pudding GF | Turkey Sandwich w/Lettuce & Tomato Applesauce GF Beets GF Peanut Butter Cookies |
| CC Peaches GF | Pears GF | Mixed Melon GF | Chocolate Cake | Cheesecake | Chocolate Pudding GF | Peanut Butter Cookie |

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