



MENU - WEEK 5

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 Raspberry Turnover Fresh Banana GF Juice GF | Fried Egg & Cheese GF Sandwich Pears GF Juice GF |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Breaded Baked Chicken Sweet Potato GF Asparagus GF Dinner Roll Tapioca Pudding GF | Corned Beef Dinner w/ Red Potatoes GF Carrots & Cabbage GF Dinner Roll Grape Salad GF | Fried Chicken Mashed Potatoes GF California Blend Vegetables GF Wheat Roll 1 Strawberries GF | Homemade Meatloaf Baked Potato GF Sour Cream GF Carrots GF Warm Dinner Roll Cherry Pie | Goulash Corn GF Dinner Roll ALT: Macaroni & Cheese Jello GF | Fish Sandwich Coleslaw GF Onion Rings ALT: Shrimp Scampi Ice Cream Cup GF | Tuna Noodle Casserole Peas GF Wheat Bread ALT: Egg Salad Mixed Melon GF |
| CC Tapioca Pudding GF | Grape Salad GF | Strawberries GF | Cherry Pie | Jello GF | Ice Cream Cup GF | Mixed Melon GF |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Tuna Melt New England or Manhattan Clam Chowder Alt: Macaroni & Cheese Lemon Meringue Pie | Turkey or Roast Beef GF Sandwich Lettuce & Tomato GF Cheese GF 3 Bean Salad GF Macaroni Salad Chocolate Mousse GF | La Romas Pizza Wing Dings Celery GF Ranch GF Peanut Butter Cookies | Homemade Spanish Rice w/ Beef, Rice, Peppers Diced Tomatoes GF Broccoli GF Wheat Bread Alt: Italian Sandwich w/ Salami, Ham, Bologna Brownies | Hot Dog on a Bun Potato Salad GF Baked Beans GF Alt: Kielbasa W/ Sauerkraut GF Angel Fruit Cake | Vegetable Lasagna French Green Beans GF Italian Bread Alt: Hot Dog on a Bun Pineapple Rings GF | Ham and Cheese GF Sandwich on Wheat Baked Potato Soup Cottage Cheese GF Carrot Cake |
| CC Lemon Meringue Pie | Chocolate MousseGF | Peanut Butter Cookie | Brownies | Angel Fruit Cake | Pineapple Rings GF | Carrot Cake |

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