



## MENU - WEEK 6

Fall/Winter 2022-2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Roasted Turkey Breast GF Homemade Stuffing Mashed Potatoes GF Gravy Squash GF Cranberry Sauce GF  Cheesecake w/Fruit Topping CC Cheesecake w/Fruit Topping	Sirloin Tips GF over Buttered Noodles Carrots GF Dinner Roll  Butterscotch Pudding GF Butterscotch Pudding GF	Chicken Marsala GF Roasted Potatoes GF Peas Wheat Dinner Roll  Pears GF Pears GF	Stuffed Shells W/Sauce California Blend Vegetables GF Italian Bread  Strawberries GF Strawberries GF	CHICKEN AND GRAVY WITH PEAS AND CARROTS OVER BISCUITS CHEDDAR MASHED POTATOES GF Warm Beets GF CHERRY CRISP CHERRY CRISP	Vegetable Lasagna French Green Beans GF Dinner Roll  ALT: Salmon Rice Pilaf  Strawbry Raspbry Pie Strawbry Raspbry Pie	Cabbage rolls with sauce GF Cucumber Salad GF Dinner Roll  ALT: Manicotti Chocolate Pudding GF Chocolate Pudding GF
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
BBQ Pulled Pork (GF) on a bun Coleslaw GF Tator Tots GF  Chocolate Mousse - 1/2 c GF CC Chocolate Mousse - 1/2 c GF	Stuffed Chicken Breast w/ Cheese and Broccoli Baked Potato GF Sour Cream GF  APPLE RASPBERRY PIE APPLE RASPBERRY PIE	Cheeseburger on a bun Baked Beans GF Mixed Vegetables GF  ALT: CORDON BLEU  Oranges GF Oranges GF	PHILLY CHEESESTEAK WITH GREEN PEPPERS, ONIONS, MUSHROOMS AND CHEESE GF ON A SUB ROLL TOSSED SALAD GF ALT: BAKED MAC & CHEESE  Chocolate Mousse GF Chocolate Mousse GF	COBB SALAD HAM, TURKEY, EGGS, BACON, TOMATO ICEBERG LETTUCE GF Bread Stick ALT: Toasted Cheese Sandwich  Brownie Brownie	Tuna Melt Cream of Potato Soup Crackers  ALT: HotDog  Pineapple GF Pineapple GF	Turkey Club w/ Mayo, Cheese and Bacon Lettuce and Tomato Sweet Potato French Fries GF  Fruit Cocktail GF Fruit Cocktail 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

*Brothy Kelly Mc, RD, LDN*