

SUMMER/FALL

2022 Summer/Fall Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B K F T	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg, Scrambled or Peanut Butter & Jam WW/white Toast	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg - Boiled or or Peanut Butter & Jam WW /White Toast	Choice of Juice Banana or Prunes Milk Hot/ Cold Cereal Croissant & Cheddar or Peanut Butter & Jam WW White Toast	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg - Boiled or Peanut Butter & Jam WW/White Toast	Choice of Juice Banana or Prunes Milk; Hot or Cold Cereal; Egg-Boiled or Peanut Butter & Jam Toast /French Toast & Syrup	Choice of Juice Banana or Prunes Milk Cold Cereal Cream Cheese or Peanut Butter & Jam WW/ Cinn. Bread	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg – Boiled, or Peanut Butter & Jam WW/White Toast
S	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	English Garden Vegetable Soup Salmon Patty Mashed Potatoes Herbed Green Beans Baked Pineapple Custard	Squash Soup Macaroni & Cheese Mixed Vegetables Pears	Carrot Turnip Soup Egg Rolls & plum Sauce Egg Foo Yung Rice Lemon Squares	Coleslaw Hot Dog French Fries Tomato & cucumber Melon	Tomato Rice Soup Grilled Cheese SW Baked Beans Tomato & cucumber Chocolate Cherry Cloud	Apple Salad Flanken Gravy Potato Kugel Glazed Turnip Pineapple	Pea Soup Bagel, Lox & Cream Cheese Tomato & Cucumber & Onion Peaches
A L T	Egg & Broccoli Salad Plate Bread Mandarin Oranges	Nicoise Salad Plate Bread Wafers	Salmon Salad Plate Bread Apple sauce	Chicken & Garlic Basil sc. Squash Bread Vanilla Cookies	Herring Sour Cream Boiled Potato Carrots Pineapple	Chicken & Apricot Sc. Garlic Green Beans Cake	Egg & Salad Plate Bread Yogurt
S N	Crème Cookies Tropical Apple sauce Vanilla Pudding Juice, Tea, Water	Spice Snap Cookies Tropical Apple sauce Vanilla Pudding Juice, Tea, Water	Shortbread Cookie Tropical Apple sauce Vanilla Pudding Juice, Tea, Water	Wafers Tropical Apple sauce Vanilla Pudding Juice, Tea, Water	Ice Cream & Tropical Apple sauce Vanilla Pudding Juice, Water	Chocolate Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Digestive Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water
S U P P E R	Carrot Salad Turkey Tetrazzini Egg Noodles Snap Peas Apricots	Israeli Salad Greek Lemon Chicken Roast Potatoes Garlic Mixed Vegetables Bread Rhubarb	Tuscan Green Salad Chicken Fingers Plum Sauce Dijon Roast Potato Carrots Peaches	Mushroom Soup Pollock Veracruz Mashed Potato Mixed veg. Key Lime Pie	Chicken Soup, Noodles Chopped Liver Roast Brisket Gravy Kasha & Bows Baked Squash Cake	Borscht & Potato & Sour Cream Alsation Onion Torte Mashed Potato Carrots Ice Cream	Beet Salad Dijon Meat Loaf Mashed Potato Peas Mandarins
A L T	Corned Beef on Rye Tomato & Cucumber Chocolate Cookies	Kofta & Hummus Sauce Peas Butter Cookies	Salisbury Steak Gravy Garlic Corn Cake	Cheddar Cheese & Pasta Salad Plate Bread Apple sauce	Roast Chicken Orange Sauce Peas Fruit Salad	Tuna and Tuscan Green Salad Plate Bread Wafers	BBQ Chicken Mixed vegetables Butter Cookies
S N	½ Egg Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	½ PB&J Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	½ Egg Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	Cheese & Crackers Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	½ PB & Jam Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	Cheese & Crackers Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice /Milk/Tea/Water	½ Egg Sandwich Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Milk/Tea/Water

Bread & margarine & juice are available at all meals. Milk is available at breakfast & dairy meals & HS snack. Jam, marmalade & peanut butter are available at breakfast.

Fresh fruit is available at lunch & dinner. Coffee or Tea & Ice Water are available at Breakfast, Lunch & Dinner