

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B K F T	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg – Scrambled Cream cheese Toast or Bagels	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 Muffins & cream Cheese, or Peanut Butter & Jam WW/White Bread	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg - Boiled or or Peanut Butter & Jam Toast /Waffles & syrup	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 Cream Cheese or or Peanut Butter & Jam WW/Cinn. Bread	Choice of Juice Banana or Prunes Milk; Hot or Cold Cereal Egg - Boiled or or Peanut Butter & Jam Pancake & syrup/Toast
S N	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	Minestrone Soup Cheese Blintzes Strawberries & Sour Cream Chocolate Coconut Cake	Mushroom Soup Baked Fish Fillet Mashed Potato Green Beans Peaches & Cream Pie	Corn Chowder Red Pepper and Parmesan Frittata Home Fries Squash Cherry Crisp	Carrot Salad Honey Ginger Chicken Rice Mixed Vegetables Bread Pineapple	Caesar Salad Baked Tuna Noodle Casserole Wax Beans Pear Melba	Apple Salad Roast Turkey Gravy Cranberry Sauce Knish Peas Cake	Potato Leek soup Cheddar Cheese on Rye with tomato & onion Home Fries Lemon Tarts
A L T	Salmon Salad Plate Bread Pineapple	Cheddar Cheese & Quinoa Salad Plate Applesauce	Tuna Salad Plate Bread Peaches	Chili Wax Bean Butter Cookies	Egg Salad Plate Bread Yogurt	Salisbury Steak Glazed Parsnip Peaches	Niçoise Salad Plate Bread Pears
S N	Digestive Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Star cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Crème Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Wafers Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Ice Cream & Juice Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Star Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Gingersnaps Tropical Applesauce Vanilla Pudding Juice/Tea/Water
S U P P E R	Cabbage Soup Chicken & Honey Mustard Sauce Roast Potato Snap Peas Apricots	Coleslaw Hamburger on a Bun Potato Salad Tomato & onion Pears	Garden Salad Thai Beef & Vegetables Peanut Sauce Rice Rhubarb	Potato Leek Soup Portuguese Cod Roast Potato Peas Almond Torte	Chicken Soup & Matzoh Balls Gefilte Fish Roast Chicken & Mushroom Sauce Roast Potato Harvest Blend Vegetable Cake	Garden Salad Lokshin & Cheese Fruit Salad & Sour Cream Pudding	Root Vegetable Soup Beef Stroganoff Noodles Red Cabbage Apricots
A T	Salami & Eggs Carrots Bread Wafers	Turkey & Mandarin Salad Plate Bread Chocolate Cookies	Roast Chicken & Orange Sauce Snap Peas Social Tea Cookies	Chef Salad Plate Bread Applesauce	Sweet & Sour Meatballs Broccoli Melon	Salmon Salad Plate Bread Applesauce	Chicken Breast Portofino Garlic Mixed Vegetables Butter Cookies
S N	½ PB & J Sandwich 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	½ PB & Jam SW Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Milk/Tea/Water	Cheese & Crackers Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Milk/Tea/Water	½ PB. & Jam Sand. Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Milk/Tea/ Water	Cheese & crackers Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Milk/Tea/Water	½ Egg SW 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 and ice water are available at Breakfast, Lunch and dinner