

SUMMER/FALL

2022 Summer/Fall Week Four Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B K F T	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- Scrambled or Peanut Butter & Jam WW/White Toast	Choice of Juice Banana or Prunes Milk Hot/ Cold Cereal Croissant & Cheddar Cheese 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 or Cold Cereal Egg -Boiled or Peanut Butter WW. / White Toast	Choice of Juice Banana or Prunes Milk Hot/Cold Cereal Cream Cheese or Peanut Butter & Jam WW/ Cinn. Bread	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg - scrambled, or Peanut Butter & Jam Toast or Waffles
S	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	Carrot Soup Egg rolls & Plum sauce Egg Foo Young Rice Ice Cream	Caesar Salad Lasagna Seasoned Wax Beans Garlic Bread Pears	Vegetable Soup Potato Latkes Scrambled Eggs Applesauce Sour Cream Rice Pudding	Carrot Salad Spaghetti & Meat Sauce Peas Apricots	Pea Soup Cheese Bagel Fruit Salad & Sour Cream Peaches	Tuscan Green Salad Beef Bourguignon Stew Noodle Kugel Tzimmes Pears	Corn Chowder Tomato Parmesan Quiche Mashed Potato Harvest Blend Vegetables Yogurt
A L T	Cheese & Pasta Salad Plate Bread Applesauce	Salmon Salad Plate Bread Yogurt	Tuna Salad Plate Bread Pineapple	BBQ Chicken Home Fries Garlic Carrots Butter Cookies	Salmon Salad Plate Bread Shortbread Cookies	Roast Chicken Apricot Sauce Seasoned Green Beans Cake	Gefilte Fish Boiled Potato Garlic Carrots Wafers
S N	Chocolate cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Wafers Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Crème Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Lemon Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Ice Cream Tropical Applesauce Vanilla Pudding Juice / Water	Wafers Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Digestive Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water
S U P P E R	Beet Salad Beef Tourtiere Gravy Mashed Potato Corn Pineapple	Squash Soup Chicken Jambalaya Rice Garlic Carrots Mandarin Oranges	Garden Salad Beef Tagine Couscous Glazed Parsnips Baked Apples	Mushroom Soup Breaded Herb & Garlic Fish Fillet Baked Potato Broccoli Strawberry Shortcake	Chopped Liver Chicken Soup & Noodles Beef Pot Roast & gravy Roast Potato Baked Squash Cake	Borscht & Potato Sour cream Salmon Loaf Tartar sauce Mashed Potato Peas Ice Cream	Garden Salad Chicken Wings Plum Sauce Rice Mixed vegetables Peaches
A L T	Chicken & Mushroom Sauce Oriental Mix Veg. Vanilla Cookies	Weiner & Baked Beans Tomato & Cucumber Wafers	Chicken & Orange Sauce Snap Peas Chocolate Cookies	Cottage Cheese & Fruit Plate Bread Yogurt	Boiled Chicken Garlic Wax Beans Cantaloupe	Egg Salad Plate Bread Applesauce	Cold Cut & Broccoli Salad Plate Bread Butter Cookies
S N	½ PB & Jam Sandwich 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	½ PB & Jam SW Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Milk/Tea/Water	½ 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	Cheese & Cracker Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice/Milk/Water/Tea	½ Egg Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/Tea

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.