

WINTER/SPRING 2022/2023

2022/2023 Week One 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 – Boiled, or Peanut Butter & Jam WW White Toast	Choice of Juice Banana or Prunes Milk Hot/ Cold Cereal Muffins & Cheese, or Peanut Butter & Jam WW/White Toast	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg – Boiled, Cream Cheese Toast or Bagel	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 Cream Cheese, or Peanut Butter & Jam Cinnamon Bread	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Boiled Egg or Cream Cheese Bagel or Toast
S	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	Pea Soup Pizza Tomato & cucumber Chocolate Pudding	Potato Leek Soup Macaroni & Cheese Seasoned Green Beans Lemon Pie	Vegetable Soup Red Pepper & Leek Quiche Mashed Potato Carrots Bread Pudding	Carrot salad Chicken Wings Plum Sauce Rice Mixed vegetables Peaches	Hearty Bean Soup Assorted sandwich Corn Salad Raspberry Tarts	Beet Salad Tongue & gravy Knish Peas Cake	Carrot Soup Egg Rolls & Plum Sauce Egg Foo Yung Rice Date Square
A L T	Tuna Salad Plate Bread Pears	Egg Salad Plate Bread Apple sauce	Salmon Sandwich Tomato & Cucumber Apples	Curry Pineapple Meatballs Green Beans Bread Butter Cookies	Egg Salad Plate Bread Pineapple	Roast Chicken & Dijon Pineapple Sauce Carrots Pears	Cottage Cheese & Fruit Plate Bread Pineapple
S N	Shortbread Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Star cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Creme Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Chocolate Cookies Tropical Applesauce Vanilla Pudding Juice/Tea/Water	Ice Cream Tropical Applesauce Vanilla Pudding Water/Juice	Lemon Cookies Tropical Applesauce Vanilla Pudding Juice, Tea, Water	Ginger Snaps Tropical Applesauce Vanilla Pudding Juice, Tea, Water
S U P P E R	Citrus Beet Salad Chicken Paprikash Rice Cauliflower Rhubarb	Cabbage Soup Chicken & Honey Ginger sauce French Fries Peas Mandarins	Squash Soup Hungarian Goulash Egg Noodles Wax Beans Bread Pears	Root Vegetable Soup Salmon Fillet Tartar Sauce Baked Potato Sour cream Peas Black Forest Cake	Chicken Soup & Matzoh Balls Gefilte Fish Roast Turkey Cranberry Sauce Sweet Potato Garlic Broccoli Cake	Caesar Salad Baked Ziti Casserole Wax Beans Apricots	Vegetable Soup Cabbage Rolls Boiled Potato Carrots Peaches
A L T	Salisbury Steak Gravy Wax Beans Chocolate Cookies	Cold Cut on Rye Pickle Social Tea Cookies	Israeli Orange Chicken Snap Peas Bread Chocolate Cookies	Cheddar Cheese & Pasta Salad Plate Bread Yogurt	Stuffed Peppers Bread Italian Mix Vegetable Grapes	Salmon Salad Plate Bread Yogurt	Roast Chicken & Mushroom Sauce Garlic Mixed Vegetables Chocolate Cookies
S N	½ PB & J sandwich Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	½ Egg Sandwich Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	½ PB & J Sandwich Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	Cheese & crackers Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	½ PB & Jam SW Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	Cheese & crackers Strawberry Applesauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	½ PB & J 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