

WINTER/SPRING 2022/2023

2022/2023 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 N	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	Spanish Lentil Soup Cheese & Broccoli Pasta Bake Peas Peach Cobbler	Carrot Soup Salmon Patty Roast Potato Squash Chocolate Pudding	Pea Soup Cheese Omelette Home Fries Mixed Vegetables Lemon Coconut Square	Coleslaw Hot Dog French Fries Tomato & Cucumber Mandarins	Tomato Rice Soup Grilled Cheese Sandwich Baked Beans Pumpkin Mousse	Chickpea Salad Flanken Gravy Potato Kugel Garlic Green Beans Pineapple	Pea Soup Bagel, Lox & Cream Cheese Tomato & Cucumber & Onion Peaches
A L T	Tuna Sandwich Tomato & Cucumber Mandarin Oranges	Cheddar Cheese & Quinoa Salad Plate Bread Pears	Salmon Salad Plate Bread Apple sauce	BBQ Chicken Wax Beans Bread Butter Cookies	Herring Sour Cream Boiled Potato Carrots Pears	Chicken & Apricot Sc. Turnip Cake	Egg & Salad Plate Bread Yogurt
S N	Cinnamon Buns Tropical Apple sauce Vanilla Pudding Juice, Tea, Water	Creme 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 Apple sauce Vanilla Pudding Juice/Tea/Water	Spice Snap Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water
S U P P E R	Squash Soup Beef Burgundy Mashed Potatoes Harvest Blend Vegetables Bread Rhubarb	Curry Vegetable Soup Turkey a la King Mashed Potato Green Beans Apricots	Garden Salad Chicken Fingers Plum Sauce Roast Potato Honey Dijon Carrots Peaches	Mushroom Soup Baked Pollock with Dill sauce Mashed Potato Peas Chocolate Walnut Cake	Chicken Soup, Noodles Chopped Liver Roast Brisket Gravy Kasha & Bows Baked Squash Cake	Borscht & Potato & Sour Cream Tomato Parmesan Quiche Mashed Potato Carrots Ice Cream	Garden Salad Braised Liver & Onions Tomato sauce Mashed Potato Peas Baked Apples
A L T	Portuguese Roast Chicken Gravy Corn Lemon Cookies	Corned Beef Sandwich on Rye Pickle Chocolate Cookies	Salisbury Steak Gravy Garlic Corn Cake	Egg Salad Plate Bread Apple sauce	Roast Chicken Israeli Orange Sauce Snap Peas Fruit Salad	Tuna and Tuscan Green Salad Plate Bread Applesauce	BBQ Chicken Mixed vegetables Lemon Cookies
S N	½ Egg SW Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	½ PB&J SW Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	½ Egg SW 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 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 Egg Sandwich Strawberry Apple sauce 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