

WINTER/SPRING 2022/2023

2022/2023 Week Three 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, Cream cheese Toast or Bagels	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 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	Hearty Bean Soup Assorted Sandwiches Tomato & Cucumber Pear Coffee Cake	Spanish Lentil Soup Cheese Blintzes Fruit Salad & Sour Cream Bread Pudding	Mushroom Soup Italian Vegetable Frittata Home Fries Green Beans Pumpkin Pie	Carrot Salad Chicken Marrakesh Rice Mixed Vegetables Bread Pineapple	Caesar Salad Tuna Noodle Casserole Wax Beans Pear Melba	Bean Salad Roast Turkey Gravy Cranberry Sauce Knish Peas Cake	Potato Leek soup Grilled Cheese Sandwich Home Fries Tomato & Cucumber Lemon Tarts
A L T	Salmon Salad Plate Bread Pineapple	Egg Salad Plate Bread Peaches	Tuna Salad Plate Bread Applesauce	Subway Sandwich Pickle Lemon Cookies	Egg Salad Plate Bread Yogurt	Stuffed Peppers Glazed Parsnip Peaches	Nicoise Salad Plate Bread Pears
S N	Digestive Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Star cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Cinnamon Buns 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/Tea/Water	Star Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Gingersnaps Tropical Apple sauce Vanilla Pudding Juice/Tea/Water
S U P P E R	Minestrone Soup Moroccan Garlic Chicken Couscous Snap Peas Apricots	Vegetable Soup Hamburger on a Bun French Fries Tomato & onion Mandarins	Garden Salad Fajita Chicken Breast Salsa & Guacamole Rice Rhubarb	Tomato Rice Soup Breaded Parmesan Cod Baked Potato Sour Cream Herbed Broccoli Peach Flan	Chicken Soup & Matzoh Balls Gefilte Fish Roast Chicken & Mushroom Sc Sweet Potato Harvest Blend Vegetable Cake	Garden Salad Lokshin & Cheese Fruit Salad & Sour Cream Pudding	Root Vegetable Soup BBQ Beef Short Ribs Mashed Potato Corn Rhubarb
A T	Cold Cut & Beet Salad Plate Bread Wafers	Turkey & Beet Salad Plate Bread Chocolate Cookies	Dijon Meatloaf & gravy Mashed Potatoes Corn Social Tea Cookies	Cottage Cheese & Fruit Salad Plate Bread Applesauce	Sweet & Sour Meatballs Broccoli Melon	Salmon Salad Plate Bread Applesauce	Chicken Toscano Garlic Mixed Vegetables Lemon Cookies
S N	½ PB &J Sandwich Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Tea/Water	½ Egg Sandwich Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Tea/Water	½ PB & Jam SW Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Tea/Water	Cheese & Crackers Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Tea/Water	½ PB. & Jam Sand Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Tea/ Water	Cheese & crackers Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Tea/Water	½ Egg SW Strawberry Apple sauce Chocolate Pudding 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