

**WINTER/SPRING 2022/2023**

**2022/2023 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 Cream Cheese Toast/Bagels	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 N	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	Corn Chowder Potato Latkes Scrambled Eggs Applesauce Sour Cream Rice Pudding	Caesar Salad Lasagna Seasoned Wax Beans Garlic Bread Pears	Carrot Soup Egg Foo Yung Rice Egg rolls & Plum sauce Ice Cream	Beet Salad Shephard's Pie Corn Mandarins	Pea Soup Grilled Cheese Sandwich Home Fries Baked Custard	Bean Salad Beef Stew Mushroom Noodle Kugel Tzimmes Mandarins	Minestrone Soup Cheese Bagel Fruit Salad & sour cream Yogurt
A L T	Cheese & Quinoa Salad Plate Bread Peaches	Tuna Salad Plate Bread Yogurt	Salmon Sandwich Tomato & Cucumber Bread Pineapple	Honey Mustard Chicken Mashed Potato Green Beans Chocolate Wafers	Salmon Salad Plate Bread Peaches	Herb Baked Chicken gravy Seasoned Green Beans Cake	Gefilte Fish Boiled Potato Carrots Apricots
S N	Chocolate cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Wafers Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Crème Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Lemon Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Ice Cream Tropical Apple sauce 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	Potato Onion Soup Beef Stroganoff Noodles Red Cabbage Pineapple	Vegetable Soup BBQ Chicken Mashed Potato Garlic Carrots Lemon Cookies	Garden Salad Spaghetti & Meat sauce Peas Baked Apples	Mushroom Soup Baked Fillet of Pollock Au Gratin Potato. Herbed Broccoli Blueberry Pies	Chopped Liver Chicken Soup & Noodles Beef Pot Roast & gravy Roast Potato Baked Squash Cake	Borscht & Potato Sour cream Salmon Patty Tartar sauce Mashed Potato Mixed Vegetables Ice Cream	Spanish Lentil Soup Pepper Steak Rice Ginger Oriental mixed veg. Peaches
A L T	Chicken & Marinara Sauce Snap Peas Vanilla Wafers	Weiner & Baked Beans Tomato & Cucumber Mandarin Oranges	Chicken & Israeli Orange Sauce Mashed Potato Squash Chocolate Cookies	Cheese & Pasta Salad Plate Bread Yogurt	Boiled Chicken Garlic Carrots Fruit Salad	Chef Salad Plate Bread Applesauce	Polynesian Chicken Parsnip Lemon Cookies
S N	½ PB & Jam Sandwich 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	½ PB & Jam SW Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Tea/Water	½ 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	Cheese & Cracker Strawberry Apple sauce Chocolate Pudding Ice cream Juice/Milk/Water/Tea	½ Egg Sandwich Strawberry Apple sauce Chocolate Pudding 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.