

**SUMMER/FALL**

2024 Summer/Fall Week Four Menu

|                                        | Monday                                                                                                                                | Tuesday                                                                                                                      | Wednesday                                                                                                                                       | Thursday                                                                                                                         | Friday                                                                                                                     | Saturday                                                                                                                 | Sunday                                                                                                                                     |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>B<br/>K<br/>F<br/>T</b>             | Choice of Juice<br>Banana or Prunes<br>Milk<br>Hot or Cold Cereal<br>Egg - Scrambled<br>or Peanut Butter & Jam<br>Croissant/ WW Toast | Choice of Juice<br>Banana or Prunes<br>Milk<br>Hot or Cold Cereal<br>Egg- Boiled<br>or Peanut Butter & Jam<br>WW/White Toast | Choice of Juice<br>Banana or Prunes<br>Milk<br>Hot/ Cold Cereal<br>French Toast & Cheddar<br>Cheese or Peanut Butter &<br>Jam<br>WW/White Toast | Choice of Juice<br>Banana or Prunes<br>Milk<br>Hot or Cold Cereal<br>Egg - Boiled or<br>or Peanut Butter & Jam<br>WW/White Toast | Choice of Juice<br>Banana or Prunes<br>Milk;<br>Hot or Cold Cereal<br>Egg -Boiled or<br>Peanut Butter<br>WW. / White Toast | Choice of Juice<br>Banana or Prunes Milk<br>Hot/Cold Cereal<br>Cream Cheese<br>or Peanut Butter & Jam<br>WW/ Cinn. Bread | Choice of Juice<br>Banana or Prunes<br>Milk<br>Hot or Cold Cereal<br>Egg - scrambled,<br>or Peanut Butter & Jam<br>Toast or English Muffin |
| <b>S</b>                               | Juice/Water                                                                                                                           | Juice/Water                                                                                                                  | Juice/Water                                                                                                                                     | Juice/Water                                                                                                                      | Juice/Water                                                                                                                | Juice/Water                                                                                                              | Juice/Water                                                                                                                                |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>       | Carrot Soup<br>Egg rolls &<br>Plum sauce<br>Egg Foo Young<br>Rice<br>Ice Cream                                                        | Caesar Salad<br>Lasagna<br>Garlic Bread<br>Lemon Buttermilk Cake                                                             | Vegetable Soup<br>Potato Latkes<br>Scrambled Eggs<br>Applesauce<br>Sour Cream<br>Rice Pudding                                                   | Carrot Salad<br>Spaghetti<br>& Meat Sauce<br>Peas<br>Apricots                                                                    | Tomato Rice Soup<br>Bagel Lox & Cream Cheese<br>Tomato, Cucumber & Onion<br>Peaches                                        | Tuscan Green Salad<br>Beef Bourguignon Stew<br>Noodle Kugel<br>Tzimmes<br>Pears                                          | Corn Chowder<br>Tomato Parmesan Quiche<br>Mashed Potato<br>Florentine Mixed Vegetables<br>Yogurt                                           |
| <b>A<br/>L<br/>T</b>                   | Cheese & Pasta Salad Plate<br>Bread<br>Applesauce                                                                                     | Salmon Salad Plate<br>Bread<br>Pears                                                                                         | Tuna Salad Plate<br>Bread<br>Pineapple                                                                                                          | BBQ Chicken<br>Roast Potato<br>Green Beans<br>Star Cookies                                                                       | Egg Salad Plate<br>Bread<br>Shortbread Cookies                                                                             | Roast Chicken<br>Apricot Sauce<br>Seasoned Green Beans<br>Cake                                                           | Gefilte Fish<br>Boiled Potato<br>Garlic Carrots<br>Wafers                                                                                  |
| <b>S<br/>N</b>                         | Oatmeal cookies<br>Tropical Applesauce<br>Vanilla Pudding<br>Juice/Tea/Water                                                          | Double Chocolate Cookies<br>Tropical Applesauce<br>Vanilla Pudding<br>Juice/Tea/Water                                        | Mini Danish<br>Tropical Applesauce<br>Vanilla Pudding<br>Juice/Tea/Water                                                                        | Lemon Cookies<br>Tropical Applesauce<br>Vanilla Pudding<br>Juice/Tea/Water                                                       | Ice Cream<br>Tropical Applesauce<br>Vanilla Pudding<br>Juice / Water                                                       | Wafers<br>Tropical Apple sauce<br>Vanilla Pudding<br>Juice/Tea/Water                                                     | Chocolate Chip Cookies<br>Tropical Apple sauce<br>Vanilla Pudding<br>Juice/Tea/Water                                                       |
| <b>S<br/>U<br/>P<br/>P<br/>E<br/>R</b> | Coleslaw<br>Beef Tourtiere<br>Gravy<br>Mashed Potato<br>Corn<br>Pineapple                                                             | Squash Soup<br>Thai Beef & Peanut sc.<br>Noodles<br>Mandarin Oranges                                                         | Garden Salad<br>Chicken Jambalaya<br>Rice<br>Cauliflower<br>Baked Apples                                                                        | Mushroom Leek Soup<br>Breaded Herb<br>& Garlic Sole Fillet<br>Tartar Sauce<br>Baked Potato<br>Broccoli<br>Apple Pie              | Chopped Liver<br>Chicken Soup & Noodles<br>Beef Pot Roast & gravy<br>Roast Potato<br>Baked Squash<br>Cake                  | Bean Salad<br>Salmon Patty<br>Tartar sauce<br>Mashed Potato<br>Peas<br>Ice Cream                                         | Garden Salad<br>Chicken Wings<br>Plum Sauce<br>Home Fries<br>Broccoli<br>Peaches                                                           |
| <b>A<br/>L<br/>T</b>                   | Herb Baked Chicken<br>Harvest Blend Mixed Veg.<br>Vanilla Cookies                                                                     | Chicken & Mushroom Sauce<br>Mashed Potato<br>Peas<br>Wafers                                                                  | Weiner &<br>Baked Beans<br>Tomato & Cucumber<br>Chocolate Cookies                                                                               | Egg Salad Plate<br>Bread<br>Yogurt                                                                                               | Roast Chicken<br>Mixed Vegetables<br>Bread<br>Cantaloupe                                                                   | Cheddar Cheese & Pasta<br>Salad Plate<br>Bread<br>Applesauce                                                             | Cold Cut & Beet<br>Salad Plate<br>Bread<br>Star Cookies                                                                                    |
| <b>S<br/>N</b>                         | ½ PB & Jam Sandwich<br>Strawberry Applesauce<br>Chocolate Pudding<br>Vanilla Ice cream<br>Juice/Milk/Tea/Water                        | ½ Egg SW Strawberry<br>Applesauce<br>Chocolate Pudding<br>Vanilla Ice cream<br>Juice/Milk/Tea/Water                          | ½ PB & Jam SW<br>Strawberry Applesauce<br>Chocolate Pudding<br>Vanilla Ice cream<br>Juice/Milk/Tea/Water                                        | ½ Cheese + Crackers<br>Strawberry Applesauce<br>Chocolate Pudding<br>Vanilla Ice cream<br>Juice/Milk/Tea/Water                   | ½ Egg SW Strawberry<br>Applesauce<br>Chocolate Pudding<br>Vanilla Ice cream<br>Juice/Milk/Tea/Water                        | Cheese & Cracker<br>Strawberry Apple sauce<br>Chocolate Pudding<br>Vanilla Ice cream<br>Juice/Milk/Water/Tea             | ½ Egg Sandwich<br>Strawberry Apple sauce<br>Chocolate Pudding<br>Vanilla Ice cream<br>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.