

WINTER/SPRING 2024/2025

2023/2024 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 – Scrambled Cream cheese Toast or Muffin	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 Waffles & Syrup Cheddar Cheese, or PB & J 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 or Peanut Butter & Jam WW/White Toast	Choice of Juice Banana or Prunes Milk Hot/Cold Cereal Cream Cheese or or Peanut Butter & Jam Raisin Bread/Challah	Choice of Juice Banana or Prunes Milk; Hot or Cold Cereal Egg - Boiled or or Peanut Butter & Jam WW Toast/ Bagel
S N	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	Hearty Bean Soup Salmon Burger, Tartar Sauce Potato Salad Tomato & lettuce Pear Coffee Cake	Spanish Lentil Soup Cheese Blintzes Fruit Salad & Sour Cream Bread Pudding	Pasta Fagioli Soup Italian Vegetable Frittata Home Fries Green Beans Pumpkin Pie	Garden Salad Spaghetti & Meat sauce Peas Pineapple	Tomato Basil Soup Bean Burrito Salsa & Guacamole Rice Pear Melba	Bean Salad Roast Turkey Gravy Cranberry Sauce Knish Peas Cake	Potato Leek soup Assorted Sandwiches Tomato & Cucumber Triple Berry Crumble
A L T	Cheddar Cheese & Pasta Salad Plate Bread Pineapple	Egg Salad Plate Bread Peaches	Tuna Sandwich Tomato & Cucumber Applesauce	Chicken & Mushroom Sauce Mixed Vegetables Lemon Cookies	Tuna Salad Plate Bread Yogurt	Stuffed Peppers Glazed Parsnip Peaches	Egg Salad Plate Bread Pears
S N	Oatmeal Cookies Fresh Fruit Vanilla Pudding Juice/Tea/Water	Star cookies Fresh Fruit Vanilla Pudding Juice/Tea/Water	Crème Cookies Fresh Fruit Vanilla Pudding Juice/Tea/Water	Chocolate Chip Cookies Fresh Fruit Vanilla Pudding Juice/Tea/Water	Ice Cream Fresh Fruit Vanilla Pudding Juice/Tea/Water	Star Cookies Fresh Fruit Vanilla Pudding Juice/Tea/Water	Mini Danish Fresh Fruit Vanilla Pudding Juice/Tea/Water
S U P P E R	Carrot Salad Moroccan Beef Stew Couscous Green Beans Rhubarb	Squash Soup Meat Loaf Gravy Mashed Potatoes corn Mandarins	Coleslaw Chicken Fingers Plum sauce Sweet Potato Fries Pickle Apricots	Cream of Celery Soup Cod Almondine Baked Potato Sour Cream Herbed Broccoli Lemon Cream Shortcake	Chicken Soup & Matzoh Balls Gefilte Fish Rosemary Chicken, gravy Sweet Potato Harvest Blend Vegetable Cake	Garden Salad Lokshin & Cheese Fruit Salad & Sour Cream Pudding	Root Vegetable Soup BBQ Beef Short Ribs Rice Corn Rhubarb
A T	Orange Chicken Broccoli Bread Wafers	Turkey & Beet Salad Plate Bread Chocolate Cookies	Salami & Eggs Carrots Bread Social Tea Cookies	Cheddar & Quinoa Salad Plate Bread Applesauce	Sweet & Sour Meatballs Wax Beans Melon	Salmon Salad Plate Bread Applesauce	Sweet & Sour Chicken Ginger Oriental 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 PM Snack. Coffee or tea and ice water are available at Breakfast, Lunch and dinner