

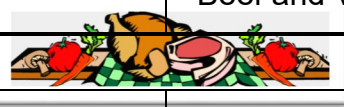


# 2021-22 Fall – Winter Menu

# Week 3

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Nov 1	Jan 24	Nov 2	Jan 25	Nov 3	Jan 26	Nov 4	Jan 27	Nov 5	Jan 28	Nov 6	Jan 29	Nov 7	Jan 30
	Nov 29	Feb 21	Nov 30	Feb 22	Dec 1	Feb 23	Dec 2	Feb 24	Dec 3	Feb 25	Dec 4	Feb 26	Dec 5	Feb 27
	Dec 27	March 21	Dec 28	March 22	Dec 29	March 23	Dec 30	March 24	Dec 31	March 25	Jan 1	March 26	Jan 2	March 27
<b>Beverages</b>	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
<b>Breakfast</b>	Oat Bran Boiled Eggs Toast & Fruit <i>or</i> Cold Cereal		Oatmeal Waffles & Yogurt Toast & Fruit <i>or</i> Cold Cereal		Cream of Wheat Dutch Pancakes and Sausage Toast & Fruit <i>or</i> Cold Cereal		Cornmeal French Toast Cheese Slice Toast & Fruit <i>or</i> Cold Cereal		 Oatmeal Western Omelet Toast & Fruit <i>or</i> Cold Cereal		Cream of Wheat Breakfast Sausage Toast & Fruit <i>or</i> Cold Cereal		Oat Bran Toast & Fruit Cheese Slice <i>or</i> Cold Cereal	
<b>Lunch</b>														
<b>Entree</b>	Italian Meatballs on Shell Pasta Peas <i>or</i> Assorted Sandwiches		Potato & Cheddar Pyrohy Kovbasa Garden Salad <i>or</i> Assorted Sandwiches		Chicken Quesadilla Rice Peas & Carrots <i>or</i> Assorted Sandwiches		Potato Pancakes Sausages Zucchini <i>or</i> Assorted Sandwiches		Vegetable Lasagna Spinach Salad <i>or</i> Assorted Sandwiches		Baked Cheese Tortellini Tomato Sauce Tossed Salad <i>or</i> Assorted Sandwiches		Salisbury Steak Onion Gray Mashed Potatoes Cranberry Green Beans <i>or</i> Assorted Sandwiches	
<b>Dessert</b>	Chocolate Cream Pie		Apricot Halves		Butterscotch Pudding		Strawberries		Lemon Cream Cake		Fruit Cocktail		Ice Cream	
<b>Soup</b>	Carrot and Parsnip		Chicken & Spinach		Mushroom		Borshch		Chicken Noodle		Cream of Cauliflower		Beef and Vegetable	
<b>Supper</b>														
<b>Entrée</b>	Honey Mustard Chicken Breast Rice Pilaf Green Beans  <b>Entrée 2</b> Fish Sticks		Beef in Puff Pastry Mashed Potatoes California Vegetables  <b>Entrée 2</b> Vegetarian Lasagna		Beer Battered Pollock Whipped Potatoes Italian Mixed Vegetables  <b>Entrée 2</b> Pulled Pork		Pork Chop with Mushroom Sauce Egg Noodles Carrot Coins  <b>Entrée 2</b> Crunchy Perch		Salmon with Hollandaise Sauce Roast Potatoes PEI Mixed Veggies  <b>Entrée 2</b> Cantonese Pork		Honey Glazed Ham Scalloped Potatoes Peas  <b>Entrée 2</b> Chicken Fingers		Chicken Pilaf Lemon Rice Roasted Peppers  <b>Entrée 2</b> Beef Sausage	
<b>Dessert</b>	Lemon Streusel Cake		Apple Crisp		Toffee Cake		Lemon Meringue		Sliced Peaches		Jell-0		Pumpkin Pie	
<b>PM/HS Snack</b>	Mini Muffin & Fruit		Sweet Cheese Bun & Fruit		Bon Ton Special & Fruit		Assorted Cookies & Fruit		Fruit & Croissants		Blueberry Coffee Cake & Fruit		Danish & Fruit	
	• Whole Wheat Bread • Buns • Margarine •													

Soup And Dessert May Change Without Notice