
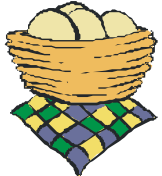




2022-23 Fall – Winter Menu

Week 1

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 17	Jan 9	Oct 18	Jan 11	Oct 19	Jan 12	Oct 20	Jan 13	Oct 21	Jan 14	Oct 22	Jan 15	Oct 23	Jan 16
	Nov 14	Feb 6	Nov 15	Feb 7	Nov 16	Feb 8	Nov 17	Feb 9	Nov 18	Feb 10	Nov 19	Feb 11	Nov 20	Feb 12
	Dec 12	March 6	Dec 13	March 7	Dec 14	March 8	Dec 15	March 9	Dec 16	March 10	Dec 17	March 11	Dec 18	March 12
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Cream of Wheat Toast & Fruit Fried Eggs <i>or</i> Cold Cereal		Oatmeal Cereal Toast & Fruit Sausages <i>or</i> Cold Cereal		Oat Bran Cereal Toast & Fruit Scrambled Eggs <i>or</i> Cold Cereal		Corn Meal Cereal Toast & Fruit Grilled Bacon <i>or</i> Cold Cereal		Cream of Wheat Toast & Fruit Blueberry Pancakes & Yogurt <i>or</i> Cold Cereal		Oatmeal Cereal Toast & Fruit Assorted Danish <i>or</i> Cold Cereal		Oat Bran Cereal Cheese Omelets Toast & Fruit <i>or</i> Cold Cereal	
Lunch														
Entree	BBQ Pork Ribette on a Whole Wheat Slider Bun Garden Salad <i>or</i> Assorted Sandwiches		Cod Cakes French Fries Coleslaw <i>or</i> Assorted Sandwiches		Chicken Salad in a Home Baked Croissant Caesar Salad <i>or</i> Assorted Sandwiches		Vegetarian Chili Mixed Vegetables Garlic Toast <i>or</i> Assorted Sandwiches		Cabbage Rolls Kovbasa California Vegetables <i>or</i> Assorted Sandwiches		Chicken Fingers Pickles Potato Salad <i>or</i> Assorted Sandwiches		Chicken Breast Stuffed w Cheese & Broccoli Garlic Bread Caesar Salad <i>or</i> Assorted Sandwiches	
Dessert	Sliced Peaches		Lemon Tart		Berries		Fruit Cocktail		Nanaimo Bar		Watermelon Slices		Canned Pears	
Soup	Tomato Rice		Chicken Vegetable		Borshch		Tortilla Soup		Mushroom		Beef Barley		Split Pea	
Supper														
Entrée	 Beef Meatloaf and Mushroom Sauce Mashed Potatoes Asparagus Entrée 2 European Pork Sausage		Chicken Breast Stuffed with Apple and Brie Egg Noodles California Vegetables  Entrée 2 Pyrohy Potato & Cheddar		Tomato Baked Pork Chop Parsley Potatoes Fresh Cauliflower Florets Entrée 2 Crunchy Perch		Beef Stew Mashed Potatoes Green Beans Entrée 2 Beef Sausage		Baked Herb Crusted Cod Mashed Potatoes Carrot Coins Entrée 2 Breaded Chicken		Grilled Ham Steak Steamed Potatoes Zucchini  Entrée 2 Polynesian Meat Balls		Shepherd's Pie Yellow Beans Entrée 2 Veal Cutlet	
Dessert	Berry Crumble		Butterscotch Pudding		Ice Cream		Apple Pie		Trifle		German Chocolate Cake		Banana Cake	
PM/HS Snack	Fruit & Cookies		Yogurt & Fruit		Bon Ton Special & Fruit		Blueberry Coffee Cake & Fruit		Mini Cinnamon Bun & Fruit		Fruit, Cheese & Crackers		Fruit Bread	
	• Bread • Buns • Margarine •													



Soup & Dessert May Change Without Notice