





2021-22 Fall – Winter Menu

Week 3

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 31	Jan 23	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 28	Feb 20	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 26	March 20	Dec 27	March 21	Dec 28	March 22	Dec 29	March 23	Dec 30	March 24	Dec 31	March 25	Jan 1	March 26
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	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	
Lunch														
Entree	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		Meat Lasagna Spinach Salad <i>or</i> Assorted Sandwiches		Beer Battered Cod French Fries Coleslaw <i>or</i> Assorted Sandwiches		Salisbury Steak Onion Gray Mashed Potatoes Cranberry Green Beans <i>or</i> Assorted Sandwiches	
Dessert	Chocolate Cream Pie		Apricot Halves		Butterscotch Pudding		Strawberries		Lemon Cream Cake		Fruit Cocktail		Ice Cream	
Soup	Sauerkraut		Carrot and Ginger		Mushroom		Borshch		Chicken Noodle		Cream of Cauliflower		Beef and Vegetable	
Supper														
Entrée	Honey Mustard Chicken Breast Rice Pilaf Green Beans Entrée 2 Fish Sticks		Beef in Puff Pastry Mashed Potatoes California Vegetables Entrée 2 Vegetarian Lasagna		Beer Battered Haddock Whipped Potatoes Italian Mixed Vegetables Entrée 2 Pulled Pork		Country Style Pork Roast Mashed Potatoes Carrots Entrée 2 Crunchy Perch		Apple wood Glazed Salmon Egg Noodles PEI Mixed Veggies Entrée 2 Cantonese Pork		Honey Glazed Ham Scalloped Potatoes Peas Entrée 2 Chicken Fingers		Chicken Pot Pie Whipped Potatoes Broccoli Entrée 2 Beef Sausage	
Dessert	Lemon Streusel Cake		Apple Crisp		Toffee Cake		Lemon Meringue		Sliced Peaches		Jell-0		Pumpkin Pie	
PM/HS Snack	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