

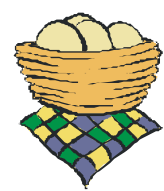




2023-24 Fall – Winter Menu

Week 1

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Sept 25	Dec 18	Sept 26	Dec 19	Sept 27	Dec 20	Sept 28	Dec 21	Sept 29	Dec 22	Sept 30	Dec 23	Oct 01	Dec 24
	Oct 23	Jan 15	Oct 24	Jan 16	Oct 25	Jan 17	Oct 26	Jan 18	Oct 27	Jan 19	Oct 28	Jan 20	Oct 29	Jan 21
	Nov 20	Feb 12	Nov 21	Feb 13	Nov 22	Feb 14	Nov 23	Feb 15	Nov 24	Feb 16	Nov 25	Feb 17	Nov 26	Feb 18
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
	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 Cinnamon Bun <i>or</i> Cold Cereal	Oat Bran Cereal Cheese Omelets Toast & Fruit <i>or</i> Cold Cereal							
Lunch														
<i>Entree</i>	Grilled Chicken and Tomato Sandwich Potato 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	Macaroni and Cheese Mixed Vegetables Garlic Toast <i>or</i> Assorted Sandwiches	Cabbage Rolls Kovbasa California Vegetables <i>or</i> Assorted Sandwiches	Potato Pancakes Sausages Caesar Salad <i>or</i> Assorted Sandwiches	Chicken Breast Stuffed w Cheese & Broccoli Garlic Bread Mixed Vegetables <i>or</i> Assorted Sandwiches							
<i>Dessert</i>	Sliced Peaches	Lemon Streusel Cake	Berries	Fruit Cocktail	Nanaimo Bar	Watermelon Slices	Canned Pears							
<i>Soup</i>	Tomato Rice	Chicken Vegetable	Borshch	Sauerkraut	Mushroom	Beef Barley	Split Pea							
Supper														
<i>Entrée</i>	 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	Balsamic and Tomato Baked Pork Loin 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							
<i>Dessert</i>	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	Mini Meringues	Fruit Bread							
	• Bread • Buns • Margarine •													

Soup & Dessert May Change Without Notice