

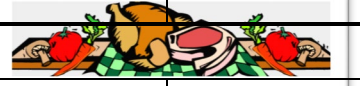


2023-24 Fall – Winter Menu

Week 3

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 09	Jan 01	Oct 10	Jan 02	Oct 11	Jan 03	Oct 12	Jan 04	Oct 13	Jan 05	Oct 14	Jan 06	Oct 15	Jan 07
	Nov 06	Jan 29	Nov 07	Jan 30	Nov 08	Jan 31	Nov 09	Feb 01	Nov 10	Feb 02	Nov 11	Feb 03	Nov 12	Feb 04
	Dec 04	Feb 26	Dec 05	Feb 27	Dec 06	Feb 28	Dec 07	Feb 29	Dec 08	March 01	Dec 09	March 02	Dec 10	March 03
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Oat Bran Boiled Eggs Toast & Fruit <i>or</i> Cold Cereal		Oatmeal Waffles 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														
<i>Entree</i>	Italian Meatballs on Spaghetti Peas <i>or</i> Assorted Sandwiches		Potato & Cheddar Pyrohy Kovbasa Mixed Vegetables <i>or</i> Assorted Sandwiches		Chicken Quesadilla Rice Peas & Carrots <i>or</i> Assorted Sandwiches		Potato Pancakes Sausages Garden Salad <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 Gravy Mashed Potatoes Cranberry Green Beans <i>or</i> Assorted Sandwiches	
<i>Dessert</i>	Chocolate Cream Pie		Apricot Halves		Butterscotch Pudding		Strawberries		Lemon Cream Cake		Fruit Cocktail		Ice Cream	
<i>Soup</i>	Carrot and Parsnip		Chicken & Broccoli		Mushroom		Borshch		Chicken Noodle		Cream of Cauliflower		Sauerkraut Soup	
Supper														
<i>Entrée</i>	Honey Mustard Chicken Breast Rice Pilaf Green Beans Entrée 2 Fish Sticks		Beef Pot Roast with a Red wine Gravy Mashed Potatoes Californian Vegetables Entrée 2 Vegetarian Lasagna		Beer Battered Pollock Whipped Potatoes Italian Mixed Vegetables Entrée 2 Pulled Pork		Pork Loin with Mushroom Sauce Egg Noodles Carrot Coins Entrée 2 Crunchy Perch		Salmon Filet with Hollandaise Sauce Mashed Potatoes PEI Mixed Veggies Entrée 2 Cantonese Pork		Honey Glazed Ham Scalloped Potatoes Peas Entrée 2 Chicken Fingers		Chicken Pilaf Lemon Rice Roasted Peppers Entrée 2 Beef Sausage	
<i>Dessert</i>	Lemon Streusel Cake		Apple Crisp		Toffee Cake		Lemon Meringue		Sliced Peaches		Jell-0		Pumpkin Pie	
PM/HS Snack	Mini Muffin & Fruit		Mini Meringues		Bon Ton Special & Fruit		Assorted Cookies & Fruit		Fruit & Croissants		Blueberry Coffee Cake & Fruit		Danish & Fruit	
	• Whole Wheat Bread • Buns • Margarine •													