





2023-24 Fall - Winter Menu

Week 4

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 16	Jan 08	Oct 17	Jan 09	Oct 18	Jan 10	Oct 19	Jan 11	Oct 20	Jan 12	Oct 21	Jan 13	Oct 22	Jan 14
	Nov 13	Feb 05	Nov 14	Feb 06	Nov 15	Feb 07	Nov 16	Feb 08	Nov 17	Feb 09	Nov 18	Feb 10	Nov 19	Feb 11
	Dec 11	March 04	Dec 12	March 05	Dec 13	March 06	Dec 14	March 07	Dec 15	March 08	Dec 16	March 09	Dec 17	March 10
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Oat Bran Cereal Scrambled Eggs Toast & Fruit <i>or</i> Cold Cereal		Cream of Wheat Cereal Toast & Fruit Pancakes & Sausage <i>or</i> Cold Cereal		Oatmeal Cereal Toast & Fruit Grilled Bacon <i>or</i> Cold Cereal		Corn Meal Toast & Fruit Boiled Eggs <i>or</i> Cold Cereal		Cream of Wheat Cereal Toast & Fruit Egg and Ham Bake <i>or</i> Cold Cereal		Oatmeal Cereal Toast & Fruit Cheese Slice <i>or</i> Cold Cereal		Oat Bran Toast & Fruit Pan Omelet <i>or</i> Cold Cereal	
Lunch	 													
Entrée	Chicken Chow Main Noodles Stir fry Vegetables <i>or</i> Assorted sandwiches		Chili Con Carne Garlic Stick Italian Mixed Vegetables <i>or</i> Assorted sandwiches		Hot Turkey Sandwich California Mixed Vegetables <i>or</i> Assorted sandwiches		Leek, Cheese & Potato Puff Pastry Sausages Tomato Slices <i>or</i> Assorted sandwiches		Beer Battered Cod Potato Wedges Coleslaw <i>or</i> Assorted sandwiches		Baked Mushroom Ravioli Caesar Salad <i>or</i> Assorted Sandwiches		Potato and Cheese Pyrohy Turkey Sausages Tossed Green Salad <i>or</i> Assorted sandwiches	
Dessert	Assorted Desserts		Orange Sections		Lemon Pie		Butter Tart Pureed Apple Pie		Cheese Cake		Vanilla Ice Cream		Bananas	
Soup	Garden Vegetable Soup		Cream of Butternut Squash		Broccoli and Potato		Tomato and Lentil		Borsht		Split Pea and Parsnip		Leek and Cabbage	
Supper														
Entrée	Teriyaki Baked Salmon Fillet Rice Blend Peas Entrée 2 Meatballs with Mushroom Sauce		Southern Baked Chicken Whipped Potatoes Corn Niblets Entrée 2 Riblets		Sun Dried Tomato Pork Roast w Gravy Whipped Potatoes Broccoli Florets Entrée 2 Chicken Chunks		Herb Roasted Chicken Thigh Egg Noodles Peas and Carrots Entrée 2 Roast Beef		Italian Meatballs In a Mushroom Sauce Rice PEI vegetables Entrée 2 Beer Battered Fish		Honey Garlic Pork Shanks Scalloped Potatoes Italian Vegetables Entrée 2 Bratwurst		Roast Turkey Gravy Whipped Potatoes Glazed Carrots Entrée 2 Sole Fillets	
Dessert	Fruit Cocktail		Banana Cream Pie		Coffee Cake		Diced Pears		Apple Pie		Jell-O		Lemon Meringue Pie	
PM/HS Snack	Puree Fruit Cup		Fruit, Cheese & Crackers		Banana		Muffin & Fruit		Fruit & Croissants		Yogurt & Fruit		Fruit & Baked Cookie	
	• Whole Wheat Bread • Buns • Margarine •													