

WEEK # 1

Menu 2019

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Breakfast Menu Items For The Week						
Oatmeal Cold Cereal Cream of Wheat	Eggs Any Style Bacon	Toast Assorted Muffins	Milk	Assortment Of Fruit Juices	Tea Coffee	1/2 Grapefruit 1/2 Orange Bananas

	16-Dec MONDAY	17-Dec TUESDAY	18-Dec WEDNESDAY	19-Dec THURSDAY	20-Dec FRIDAY	21-Dec SATURDAY	22-Dec SUNDAY
D I N N E R	Vegetable Beef Soup	Minestrone Soup	Chicken Noodle Soup	Rice Soup	Vegetable Soup	Cream of Broccoli	Chicken Noodle Soup
	Boneless Pork Chops	Baked Fish	Chicken Finger	Shepherds Pie	Grilled Fish	Shake and Bake Chicken	Roast Beef / Gravy
	Fried Onions	White Sauce					Mashed or Baked
	Apple Sauce		Mashed Potatoes		Mashed potatoes	Mashed potatoes	Potatoes
	Mashed Potatoes	Mashed Potatoes	or oven roast potatoes				Parsnips
S U P P E R	Cauliflower/Cheese Sauce	Carrots	Green Beans	Peas	Broccoli	Mashed Turnips	
	Jello / Whipped Cream	Peaches	Cookies	Strawberries	Squares	Baked Custard	Pie
	Vegetable Beef Soup	Minestrone Soup	Fish Chowder	*	*	Cream of Broccoli	Chicken Noodle Soup
	Hot Chichken sandwich	Mini Sub	Biscuits	Rice Soup	Vegetable Soup	Pancakes	Fish Burger
	Fries	Pasta Salad		Chicken Fried Rice	Sloppy Joe on 1/2 bun	Ham	Home Fries
	Fruit Cocktail	Lemon Tarts	Cottage Pudding	Egg roll	Apricots	Lemon Loaf	Vanilla Pudding
				Mandarin Orange			

Menu may change without notice

HS Snack Menu	Social tea or Arrowroot Cookies					
Cookies		Nutri Bar	Toast	Cake	Frozen Yogurt	Cookies