

WEEK # 3

Menu 2020

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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 |

| | 27-Jul MONDAY | 28-Jul TUESDAY | 29-Jul WEDNESDAY | 30-Jul THURSDAY | 31-Jul FRIDAY | 1-Aug SATURDAY | 2-Aug SUNDAY |
|----------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| D I N N E R | Cream of Mushroom Liver and Onion Yellow Beans Pears | Barley Soup Sweet and Sour Pork Mashed Potatoes Rice Pilaf Broccoli Squares | Beef Noodle Soup Chicken Nuggets Mashed Potatoes Carrots Apple crisp | Vegetable Soup Salisbury Steak with Fried Onions and Mushroom Mashed or Baked Potatoes Cauliflower Melon | Hamburger Soup Poached Haddock Egg Sauce Mashed Potatoes Peas Peaches | Cream of Chicken Boneless BBQ Ribblet Mashed Potatoes Rice pilaf Green Beans Grapes | Rice Soup Baked Ham Scalloped or Mashed Potatoes Corn Pie |
| S U P P E R | Cream of Mushroom Hot Chicken Sandwich Fries Blueberry Cake | Barley Soup Rappie Pie Brown Bread Tropical Fruit Salad | Beef Noodle Soup Spaghetti and Meat sauce Garlic Bread Pudding | Vegetable Soup Pancake Sausage Pineapple Cake | * Hamburger Soup Chicken Stew Biscuit Pumpkin Tarts | Cream of Chicken Chicken on the Bone wedge potatoes Apple Sauce | Rice Soup Corned Beef Hash Chow chow Blueberry Cobbler |

Menu may change without notice

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| HS Snack Menu | | | | | | |
| Cookies | pudding | Fig cookies | Toast | Nutri Grain Bars | Cookies | Crackers With Peanut Butter or Cheese |