

WEEK # 1

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-Jan MONDAY	28-Jan TUESDAY	29-Jan WEDNESDAY	30-Jan THURSDAY	31-Jan FRIDAY	1-Feb SATURDAY	2-Feb 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	Chilli	Roast Beef / Gravy
	Fried Onions	White Sauce	Mashed Potatoes		Mashed potatoes	Corn Bread	Mashed or Baked
	Apple Sauce	Mashed Potatoes	or Fries.		Broccoli		Parsnips
	Mashed Potatoes		Green Beans	Peas	Squares	Baked Custard	Pie
	Cauliflower/Cheese Sauce	Carrots	Strawberries	Cookies			
	Jello / Whipped Cream	Peaches					
S U P P E R	Vegetable Beef Soup	Minestrone Soup	Fish Chowder	*	*	Cream of Broccoli	Chicken Noodle Soup
	Hot Chicken 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
		Lemon Tarts	Cottage Pudding	Egg Rolls	Tropical Fruit Salad	Lemon Loaf	Vanilla Pudding
	Fruit Cocktail			Mandarin Orange			

Menu may change without notice

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