

WEEK # 1

Menu 2022

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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

	10-Jan MONDAY	11-Jan TUESDAY	12-Jan WEDNESDAY	13-Jan THURSDAY	14-Jan FRIDAY	15-Jan SATURDAY	16-Jan 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 or wedge potatoes		Mashed potatoes	Mashed potatoes	Potatoes
	Mashed Potatoes	Mashed Potatoes		Peas	Broccoli		Parsnips
S U P P E R	Cauliflower	Carrots	Green Beans	Strawberries	Lemon Squares	Mashed Turnips	Pie
	Jello / Whipped Cream	Peaches	Cookies			Baked Custard	
	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
	Pom Pom	Pasta Salad		Chicken Fried Rice	Sloppy Joe on 1/2 bun	Ham	Home Fries
	Fruit Cocktail	Lemon Tarts	Lemon Loaf	Egg Roll	Tropical Fruit Salad	Cottage Pudding	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