

WEEK # 5

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

	4-Oct MONDAY	5-Oct TUESDAY	6-Oct WEDNESDAY	7-Oct THURSDAY	8-Oct FRIDAY	9-Oct SATURDAY	10-Oct SUNDAY
D I N N E R	Cream of Carrot	Mushroom Soup	Chicken Noodle Soup	Macaroni Soup	Cream of Chicken	Barley Soup	Bean Soup
	Shake / Bake Chicken Cranberry Sauce	Poached Haddock Egg sauce	Pork Chops Fried Onions Apple Sauce	Stuffed Chicken Breast	Salt Fish Pork Scraps Mashed /Boiled Potatoes	Liver and Onions	S/S Meatballs
	Mashed Potatoes	Mashed Turnip and Carrots	Mashed Potatoes	Mashed Potatoes	Turnips	Mashed Potatoes	Mashed potatoes rice pilaf
	Mixed Vegetable		Broccoli	Brussel Sprout		Yellow Beans	Corn
	Choc Cake	Pears	tapioca Pudding	Strawberries	Jello / whip cream	Mandarin Orange	Stewed Rhubarb
S U P P E R	Cream of Carrot	* Mushroom Soup	* Fish Chowder	* Macaroni Soup	* Cream of Chicken	Barley Soup	Bean Soup
	French Toast	Egg Sandwich	Rolls	Pulled Pork on a 1/2 bun	Chicken Burger	Chicken on bone Potato Salad Cole slaw	Fish Cakes
	Ham	Sliced Tomatoes		Sliced Cucumber	Pom pom Sliced Tomatoes		Chow chow
	Fruit Cocktail	Banana Bread	Cottage Pudding	Banana Bread	Fruit Cocktail	Vanilla Pudding	Hot milk cake Whip Cream

Menu may change without notice

HS Snack Menu						
Toast	Cookies	Nutri Bar	Rice Crispy squares	Cheese & crackers	Toast	Pudding or Yogurt