

WEEK # 3

Menu 2022

Flip over for week 4

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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

	22-Aug MONDAY	23-Aug TUESDAY	24-Aug WEDNESDAY	25-Aug THURSDAY	26-Aug FRIDAY	27-Aug SATURDAY	28-Aug SUNDAY
D I N N E R	Cream of Mushroom Liver and Onion Mashed Potatoes Yellow Beans Pears	Barley Soup Sweet and Sour Pork Mashed Potatoes Rice Pilaf Broccoli lemon Squares	Beef Noodle Soup BBQ	Vegetable Soup Salisbury Steak with Fried Onions and Mushroom Mashed or Baked Potatoes Cauliflower Melon	Hamburger Soup Baked 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 Chicken Sandwich Cole Slaw Blueberry Cake	Barley Soup Rappie Pie Brown Bread Fruit Salad	Beef Noodle Soup Spaghetti and Meat sauce Garlic Bread Pudding	Vegetable Soup Pancake Sausage Pineapple Cake	* Chicken Stew Biscuit Pumpkin Tarts	Corn Chowder Rolls Blueberry Cobbler	Rice Soup Corned Beef Hash Chow chow Apple Sauce

Menu may change without notice

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