

WEEK # 6

Menu 2023

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Breakfast Menu Items For The Week						
Oatmeal	Eggs Any Style	Toast	Milk	Assortment	Tea	1/2 Grapefruit
Cold Cereal				Of Fruit Juices	Coffee	1/2 Orange
Cream of Wheat	Bacon	Assorted Muffins				Bananas

	16-Jan MONDAY	17-Jan TUESDAY	18-Jan WEDNESDAY	19-Jan THURSDAY	20-Jan FRIDAY	21-Jan SATURDAY	22-Jan SUNDAY
D I N N E R	Beef Noodle Soup	Barley Soup	Cream of Mushroom	Vegetable Soup	Cream of Chicken	Rice Soup	Tomato Soup
	Hamburger in gravy	Poached Fish	Swiss Steak	Sweet and Sour Chicken	Fried Fish	Meat Loaf	Roast Chicken Dressing
	Mashed potatoes	White Sauce	Mashed or Boiled Potatoes	Mashed Potatoes	Mashed potatoes	Mashed potatoes	Gravy
	Yellow Beans	Mashed potatoes	Parnips	Rice	Green Bean	Peas and Carrots	Mashed Potatoes
		Peas		Broccoli			Squash
	Stewed Rhubarb	Jello/ whip cream	Peaches	Strawberries	Brownies	Spanish Cream	Coconut Cream Pie
S U P P E R	Beef Noodle Soup	Barley Soup	Cream of Mushroom	Vegetable Soup		Rice Soup	Tomato Soup
	Egg Sandwich	Cabbage Rolls	Pancake	Cream peas on toast	Hearty Chicken Soup	Baked Beans	Fish Nuggets
	Salad		Sausage	Cheddar Cheese		Rolls	Home Fries
	Gingerbread Whip Cream	Fruit Cocktail	Ice Cream	Date Loaf	Butterscotch Pudding	White Cake / Lemon Sauce	Pears

Menu may change without notice

HS Snack Menu				Crackers With Peanut Butter or Cheese		
Toast	Pudding	Ice cream&cookie	Toast		Toast or Cereal	Cookies