

WEEK # 1

Menu 2022

Flip over for week 2

WEEK # 1

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

	19-Sep MONDAY	20-Sep TUESDAY	21-Sep WEDNESDAY	22-Sep THURSDAY	23-Sep FRIDAY	24-Sep SATURDAY	25-Sep SUNDAY
D I N N E R	Vegetable Beef Soup Pork Chops Fried Onions Apple Sauce Mashed Potatoes Cauliflower/Cheese Sauce Jello / Whipped Cream	Minestrone Soup Baked Fish White Sauce Mashed Potatoes Carrots Peaches	Chicken Noodle Soup Chicken Finger Mashed Potatoes or Fries. Green Beans Cookies	Rice Soup Shepherds Pie Peas Strawberries	Vegetable Soup Salmon Hollandise Sauce Mashed potatoes Broccoli Lemon Squares	Cream of Broccoli Shake and Bake Chicken Mashed potatoes Mashed Turnips Baked Custard	Chicken Noodle Soup Roast Beef / Gravy Mashed or Baked Potatoes Parsnips Pie
	S U P P E R	Vegetable Beef Soup Hot Chicken Sandwich Fries Fruit Cocktail	Minestrone Soup Mini Sub Pasta Salad Lemon Tarts	Fish Chowder Biscuits Lemon Loaf	* Rice Soup Chicken Fried Rice Egg Roll Mandarin Orange	* Vegetable Soup Goulash Fruit Cocktail	Cream of Broccoli Pancakes Ham Cottage Pudding

Menu may change without notice

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