

WEEK # 1

Menu 2023

Flip over for week 2

WEEK # 1

<b>Breakfast Menu Items For The Week</b>						
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

	23-Jan MONDAY	24-Jan TUESDAY	25-Jan WEDNESDAY	26-Jan THURSDAY	27-Jan FRIDAY	28-Jan SATURDAY	29-Jan 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  Mashed Turnips  Peaches	Chicken Noodle Soup  Chicken Finger  Mashed Potatoes or Fries.  Green Beans Cookies	Vegetable Soup  Shepherds Pie   Peas  Strawberries	Rice Soup  Salmon Hollandise Sauce Mashed potatoes  Broccoli  Date Squares	Cream of Broccoli  Shake and Bake Chicken  Mashed potatoes  Carrots Baked Custard	Chicken Noodle Soup  Roast Beef / Gravy Mashed or Baked Potatoes  Parsnips  Pie
	Vegetable Beef Soup  Hot Chicken Sandwich  Fries  Fruit Cocktail	Minestrone Soup  Mini Sub  Pasta Salad  Lemon Tarts	Fish Chowder  Biscuits   Mandarin Orange	* Vegetable Soup  Chicken Fried Rice  Egg Roll  Cinnamon Loaf	* Rice Soup  Goulash   Fruit Cocktail	Cream of Broccoli  Pancakes Ham  Cottage Pudding	Chicken Noodle Soup  Fish Burger  Home Fries  Vanilla Pudding

Menu may change without notice

HS Snack Menu  Toast	Social tea or Arrowroot Cookies	Nutri Bar	Toast	Cake	Ice Cream	Cookies
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