

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

	16-Oct MONDAY	17-Oct TUESDAY	18-Oct WEDNESDAY	19-Oct THURSDAY	20-Oct FRIDAY	21-Oct SATURDAY	22-Oct SUNDAY
D I N N E R	Cream of Mushroom Glazed Chicken Mashed Potatoes Carrots Apple crisp	Barley Soup BBQ Stewed Pears	Beef Noodle Soup Sweet and Sour Pork Mashed Potatoes Rice Pilaf Broccoli Melon	Vegetable Soup Salisbury Steak with Fried Onions and Mushroom Mashed or Baked Potatoes Cauliflower Bread pudding	Hamburger Soup Baked Haddock egg sauce Mashed Potatoes Peas Peaches	Hamburger Soup Rib style pork cutlet Mashed Potatoes Rice pilaf Green Beans lemon Squares	Rice Soup Baked Ham Mashed or Scalloped Potatoes peas and carrots Pie
S U P P E R	Cream of Mushroom Egg Sandwich Cheeseies 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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