

WEEK # 5

Menu 2023

Flip over for week 6

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

	30-Oct MONDAY	31-Oct TUESDAY	1-Nov WEDNESDAY	2-Nov THURSDAY	3-Nov FRIDAY	4-Nov SATURDAY	5-Nov SUNDAY
D I N N E R	Cream of Carrot	Macaroni Soup	Chicken Noodle Soup	Mushroom Soup	Cream of Chicken	Barley Soup	Bean Soup
	Shake / Bake Chicken Cranberry Sauce	Poached Haddock	Lasagna	BBQ	Salt Fish Dinner Pork Scraps	Dinner Sasusage	Bake Ham
	Mashed Potatoes	Mashed Potatoes	Garlic bread		Mashed /Boiled Potatoes	Mashed Potatoes	Scalloped or Mashed Potatoes
	Mixed Vegetable	Diced Carrots			Turnips	Yellow Beans	Kernel Corn
	Choc Cake	Pears	Tapioca Pudding	Strawberries	Jello / whip cream	Mandarin Orange	Lemon Pie
S U P P E R	Cream of Carrot	* Macaroni Soup	* Fish Chowder	* Mushroom Soup	* Cream of Chicken	Barley Soup	Bean Soup
	French Toast	Assorted Sandwich	Rolls	Ham Casserole	Hamburger / Bun	Chicken on bone Potato Salad	Fish Cakes
	Sausage	Salad			Pom pom Sliced Tomatoes	Cole slaw	Chow chow
	Fruit Cocktail	Cottage Pudding	Peaches	Banana Bread	Fruit Cocktail	Vanilla Pudding	Apple Sauce
	Menu may change without notice						

HS Snack Menu						
Toast	Cookies	Nutri Bar	Toast	Cheese & crackers	Toast	Pudding or Yogurt