

TH fall/winter 22 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Oatmeal	Fresh Whole Banana
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Yogurt & Pear	Oatmeal
Scrambled Eggs	Cheese Quiche(ML)	Pumpkin Pancake	Fresh Over Egg	Egg Scrambled	Granola Garnish	Scrambled Eggs
Wheat Toast	Wheat Toast	Sausage Links	Blueberry Muffin	Wheat Toast	Banana Bread	Assorted Mini Danish
LUNCH						
Chicken Parmesan Cutlet	Smothered Pork Chop	Shepherd's Pie	Cheese Lasagna(ML)	Hungarian Goulash	Chicken Cacciatore	Beef & Pork Meatloaf
Marinara Sauce	Baked Potato	Wheat Roll	Seasoned Green Peas	Buttered Bowties	Brown Rice(OSG)	Brown Gravy
Spaghetti	Fresh Steamed Broccoli	Toffee Bar	Wheat Roll	Glazed Carrots	Peas & Carrots-Seasoned	Mashed Potatoes
Sauteed Zucchini & Yellow Squash	Frosted Spice Cake		Peach Cobbler	Deluxe Chocolate Cake	Frosted Brownie	Roasted Yellow Squash
Lemon Meringue Pie						Dutch Apple Pie
DINNER						
Navy Bean Soup	Chicken Noodle Soup	Broccoli Cheese Soup(ML)	Homemade Garden Veg Soup(OSG)	Beef Vegetable Soup(GF)	Cream of Carrot Soup(ML)	White Bean Soup w/Eggplant(OSG)
B L T Sandwich On White	Grilled American Cheese On Wheat	Panko Crusted Eggplant Parm(OSG)	Egg Salad on Wheat	Kielbasa Sausage	Wheat Macaroni & Cheese(ML)	Pulled Chicken BBQ on Whole Wheat Bun
Lemon Basil Aioli(OSG)	Sweet'N Sour Red Cabbage	Garlic Angel Hair Pasta	Italian Beets	Pierogies and Sauerkraut	Sauteed Fresh Spinach	Creamy Coleslaw
Glazed Carrots	Ice Cream Sandwich	Fresh String Beans	Ambrosia	Seasoned Green Peas	Cinnamon Applesauce	Mandarin Oranges
Spiced Peaches		Apple Crisp		Chilled Apricots		

TH fall/winter 22 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Egg Scrambled	Texas French Toast	Fresh Over Egg	Western Scramble	Egg Scrambled	Yogurt Granola & Peaches Parfait	Scrambled Eggs
Sausage Links		Corned Beef Hash	Wheat Toast	Banana Muffin f/Batter		Wheat Toast
Wheat Toast						
LUNCH						
Beef Stew	Italian Meatballs	Chicken Marsala	Beef Stroganoff	Sausage & Peppers	Baked Glazed Ham	Beef Pot Roast
Wheat Roll	Spaghetti	Whipped Potatoes	Plain Bowtie Noodle	Marinara Sauce	Whipped Sweet Potatoes	Brown Gravy
Strawberry Shortcake	Peas with Fresh Dill	Seasoned Green Beans	Glazed Carrots	Spaghetti	Seasoned Green Peas	Whipped Potatoes
	Blueberry Buckle	Sugar Cookies	Apple Pie	Fresh Steamed Broccoli	Red Velvet Cake	Glazed Carrots
				Chocolate Chip Cookies		Frosted Banana Cake
DINNER						
Chicken Noodle Soup	Homemade Chunky Vegetable Soup(ML) (GF)	Tortilla Soup(OSG)	Pasta Fagioli(OSG)	Tomato Basil Soup(OSG)	Homemade Chicken & Rice Soup(GF)	Dill Potato Soup(ML)
Alfredo Cheese Tortellini(ML)	Cutlet Pork Piccata	Fried Cod Fillet Sandwich	Cheese Pizza	Grilled American Cheese On Wheat	Beef Patty Melt	Stuffed Bell Pepper
Glazed Carrots	Brown Rice Pilaf	Creamy Coleslaw	Italian Beets	Roasted Root Vegetables	Steamed Corn	Cinnamon Applesauce
Chilled Pineapple	Steamed Corn	Rice Pudding No Raisins	Red Gelatin	Chilled Apricots	Chilled Peaches	
	Strawberry Ice Cream					

TH fall/winter 22 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Fresh Whole Banana Oatmeal Egg Scrambled Wheat Toast	Fresh Whole Banana Oatmeal Scrambled Eggs Wheat Toast	2% Milk Fresh Whole Banana Oatmeal Quiche Lorraine Wheat Toast	Fresh Whole Banana Oatmeal Hard Boiled Egg Wheat Toast	Fresh Whole Banana Oatmeal Pancake	Fresh Whole Banana Oatmeal Yogurt Granola & Peaches Parfait	Fresh Whole Banana Oatmeal Egg Scrambled Home Fries Wheat Toast
LUNCH						
Beef Stew Whipped Cauliflower Potatoes(OSG) Macaroon Bar	Stuffed Manicotti in Marinara Sauce(ML) Seasoned Green Beans Cinnamon Pumpkin Cookie	Chicken Teriyaki Stir Fry Fried Rice(OSG) Chocolate Cream Pie	Roasted Pork Loin Honey Dijon Sauce Mashed Potatoes Seasoned Green Beans Carrot Cake	Lemon Wedge Garnish Parmesan Baked Pollock Tartar Sauce Creamy Coleslaw Pineapple Upside-Down Cake	Breaded Chicken Cutlet Cream Sauce Mashed Potatoes Sauteed Fresh Spinach Deluxe Chocolate Cake	Beef & Pork Meatloaf Brown Gravy Baked Potato Seasoned Green Beans Tapioca Pudding
DINNER						
Tomato Basil Soup(OSG) Two Cheese Grilled on Sour Dough Fresh Steamed Broccoli Chilled Apricots	Chicken Lemon Rice Soup(GF) Hamburger no a Bun Steamed Corn Hot Dog Bun WW Hamburger Bun Red Gelatin	Country Beef Vegetable Soup(GF) Cheese Pizza Zucchini Parmesan Ice Cream Sandwich	Italian Wedding Soup Macaroni & Cheese(ML) Peas with Fresh Dill Chilled Pears	Garden Vegetable Soup(OSG) Turkey & Swiss Melt on Wheat Creamy Dilled Cucumber Salad Cinnamon Applesauce	French Onion Soup American Beef Chop Suey Steamed Corn Pineapple & Oranges	Broccoli Cheese Soup(ML) Soft Seafood Salad Seasoned Green Peas Wheat Bread Chilled Apricots

TH fall/winter 22 - Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana	Fresh Whole Banana
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Western Scramble	Egg Scrambled	Pancake	Cheese Quiche(ML)	Yogurt Granola & Blueberry Parfait	Egg Scrambled	Scrambled Eggs
Wheat Toast	Wheat Toast	Sausage Links			Wheat Toast	Assorted Mini Danish
LUNCH						
BBQ Chicken	Swedish Meatballs	Cheese Ravioli(ML)	Hamburger no a Bun	Tartar Sauce	Peach Pulled Pork	Hawaiian Ham
Tater Tots	Scallion Mashed Potatoes	Meat Sauce	Fresh Potato Fries	Beer Battered Cod	Baked Sweet Potato Half	Mashed Potatoes
Roasted Yellow Squash	Braised Red Cabbage	Glazed Carrots	Sauteed Zucchini	Fresh Potato Fries	Creamy Coleslaw	Fresh String Beans
Red Gelatin	Coconut Cake	Ginger Pear Cake	WW Hamburger Bun	Fresh Steamed Broccoli	WW Hamburger Bun	Cherry Pie
			Chocolate Chip Cookies	Lemon Cake	Carrot Cake	
DINNER						
Ham & Bean Soup(GF)	Butternut Squash Soup(OSG)(GF)	Potato & Leek Soup(ML)(GF)	Tomato Basil Soup(OSG)	Squash Minestrone Soup Hmd(OSG)	Beef Barley Soup	Corn Chowder w/Bacon
Macaroni & Cheese(ML)	Ham & American Cheese Melt	Cheese Pizza	Egg Salad on Wheat	Alfredo Cheese Tortellini(ML)	B L T Sandwich On White	Hot Dog All Beef
Stewed Tomatoes	Seasoned Green Beans	Seasoned Green Peas	Pickled Beets	Seasoned Green Peas	Steamed Corn	Homestyle Baked Beans
Mandarin Oranges	Tapioca Pudding	Sherbet	Citrus Gelatin	Mandarin Oranges	Chilled Apricots	Hot Dog Bun
						Chilled Pears