

# Week 1 Menu

Meal	Fall and Winter Menu 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Cream of Mushroom	<b>Soup</b> Minestrone	<b>Soup</b> Tomato Basil	<b>Soup</b> Vegatble Barley	<b>Soup</b> Cream of Vegetable	<b>Soup</b> Lentil	<b>Soup</b> Country Vegetable
	<b>Main</b> Egg Salad Sandwich	<b>Main</b> Beans and Weiners	<b>Main</b> Captain Burger	<b>Main</b> Tomato Cheese Quiche	<b>Main</b> Chef's Choice Day	<b>Main</b> Sausage with Sauerkraut	<b>Main</b> Tuna Salad Sandwich
	<b>Side</b> Greek Salad	<b>Side</b> Carrot Salad	<b>Side</b> Tomato Cucumber Salad	<b>Side</b> Garden Salad		<b>Side</b> German Potato Salad	<b>Side</b> Mixed Green Salad
	<b>Dessert</b> Fruit	<b>Dessert</b> Pudding	<b>Dessert</b> Fruit	<b>Dessert</b> Jello	<b>Dessert</b> Fruit	<b>Dessert</b> Pudding	<b>Dessert</b> Fruit
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	<b>Main</b> Chicken Cacciatore	<b>Main</b> Shepherd's Pie	<b>Main</b> Penne with Meat Sauce	<b>Main</b> Beef Stew with Tea Biscuit	<b>Main</b> Fish n Chips	<b>Main</b> Teriyaki Chicken Breast	<b>Main</b> Corned Beef
	<b>Starch &amp; Veg</b> Noodles, Vegetables	<b>Starch &amp; Veg</b> Mini Red Potatoes, Veg Blend	<b>Starch &amp; Veg</b> Garlic Bread, Caesar Salad	<b>Starch &amp; Veg</b> Mashed, Veg Blend	<b>Starch &amp; Veg</b> Fries , Coleslaw	<b>Starch &amp; Veg</b> Noodles, Mixed Veggies	<b>Starch &amp; Veg</b> Boiled, Vegetables
	<b>Dessert</b> Ice Cream Bar	<b>Dessert</b> Black Forest Pudding	<b>Dessert</b> Ambrosia	<b>Dessert</b> Stewed Fruit with Ice Cream	<b>Dessert</b> Cherry Crisp	<b>Dessert</b> Custard Tart	<b>Dessert</b> Apple Pie

Alternative Menu Choices

Oatmeal, Toast, Sandwich, Chicken broth and Yogurt are always available by request.

Substitutes

Availability may necessitate menu substitutions.