

# Week 1 Menu

Meal	Spring & Summer Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Carrot	<b>Soup</b> Minestrone	<b>Soup</b> Tomato Basil	<b>Soup</b> Vegetble Barley	<b>Soup</b> Cream of Mushroom	<b>Soup</b> Lentil	<b>Soup</b> Country Vegetable
	<b>Main</b> Chef Salad	<b>Main</b> Chef's Choice Day	<b>Main</b> Greek Chicken Pasta Salad	<b>Main</b> Quiche Lorraine	<b>Main</b> Turkey Swiss & Cranberry Sandwich	<b>Main</b> Pulled Pork on a Bun	<b>Main</b> Captain Burger
	<b>Side</b> Bread Stick		<b>Side</b>	<b>Side</b> Tomato Feta Salad	<b>Side</b> Sweet Pea Salad	<b>Side</b> Carrot Salad	<b>Side</b> Tater Tots
	<b>Dessert</b> Pineapples	<b>Dessert</b> Pudding	<b>Dessert</b> Pears	<b>Dessert</b> Jello	<b>Dessert</b> Peaches	<b>Dessert</b> Pudding	<b>Dessert</b> Fresh Fruits
Snack	Muffins	Cookies	Loaf	Cookies	Chips	Loaf	Cookies
Dinner	<b>Main</b> Herb Roasted Chicken Breast	<b>Main</b> Bangers and Mashed	<b>Main</b> Shepherd's Pie with Gravy	<b>Main</b> Penne with Meat Sauce	<b>Main</b> Fish and Chips	<b>Main</b> Veal Parmesan	<b>Main</b> Roast Turkey
	<b>Starch &amp; Veg</b> Mini Red, Green Peas, Corn	<b>Starch &amp; Veg</b> Mashed, Green Beans, Turnip	<b>Starch &amp; Veg</b> Broccoli, Beets	<b>Starch &amp; Veg</b> Garlic Bread, Caesar Salad	<b>Starch &amp; Veg</b> Fries, Coleslaw	<b>Starch &amp; Veg</b> Egg Noodles, Mixed Veggies	<b>Starch &amp; Veg</b> Mashed, Brussel Sprouts, Squash
	<b>Dessert</b> Lemon Tart	<b>Dessert</b> Blueberry Crisp	<b>Dessert</b> Ice Cream	<b>Dessert</b> Chocolate Cake	<b>Dessert</b> Rice Pudding	<b>Dessert</b> Upside DownPeach Cake	<b>Dessert</b> Apple Pie

Alternative Menu Choices

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

Substitutes

Availability may necessitate menu substitutions.

# Week 2 Menu

Meal	Spring & Summer Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Cream of Broccoli	Soup Turkey Rice	Soup Split Pea	Soup Tomato Rice	Soup Cream of Asparagus	Soup Pork and Bean	Soup Chicken Noodle
	Main Chicken Caesar Salad	Main Hot Dog	Main Devilled Egg, Ham and Cheese, Tomato	Main Fruit and Cheese Plate	Main Chef's Choice Day	Main Grilled Ham and Cheese	Main Tuna Salad Sandwich
	Side Roll	Side Chips	Side Aspic Corn Muffin	Side Tea Biscuit		Side Garden Salad	Side Spinach Salad
	Dessert Pudding	Dessert Peaches	Dessert Jello	Dessert Pudding	Dessert Fruit Cocktail	Dessert Pineapple	Dessert Jello
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	Main Meatloaf	Main Macaroni & Cheese Casserole	Main BBQ Pork Ribs	Main Beef Vegetable Stew	Main Baked Salmon with Dill	Main Lemon Chicken	Main Corned Beef Dinner
	Starch & Veg Mashed, Broccoli, Corn	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Baked Potatoes, Green Beans, Carrots	Starch & Veg Mashed potatoes	Starch & Veg Rice, Green Peas, Beets	Starch & Veg Rice, Mixed Veggies	Starch & Veg Boiled, Cabbage, Turnip
	Dessert Ambrosia	Dessert Crème Caramel	Dessert Vanilla Cake	Dessert Cherry Crisp	Dessert Ice Cream Sundae	Dessert Brownies	Dessert Lemon Meringue

Alternative Menu Choices

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

Substitutes

Availability may necessitate menu substitutions.

# Week 3 Menu

Meal	Spring & Summer Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Butternut Squash	<b>Soup</b> Vegetable Pasta	<b>Soup</b> Corn Chowder	<b>Soup</b> Navy Bean	<b>Soup</b> Cream of Potato	<b>Soup</b> Tomato	<b>Soup</b> Cream of Mushroom
	<b>Main</b> Pepperoni Pizza	<b>Main</b> Hamburger	<b>Main</b> Chef's Choice	<b>Main</b> Irish Ploughman's Lunch	<b>Main</b> Perogies and Sour Cream	<b>Main</b> Broccoli & Cheese Quiche	<b>Main</b> Corned Beef & Swiss on Rye
	<b>Side</b> Garden Salad	<b>Side</b> Chips	<b>Side</b>	<b>Side</b> Roll	<b>Side</b> Garden Salad	<b>Side</b> Spinach Salad	<b>Side</b> Vegetable Salad & Pickles
	<b>Dessert</b> Mandarin Orange	<b>Dessert</b> Peaches	<b>Dessert</b> Pears	<b>Dessert</b> Pudding	<b>Dessert</b> Jello	<b>Dessert</b> Pudding	<b>Dessert</b> Apricots
Snack	Muffins	Cookies	Loaf	Cookies	Chips	Loaf	Cookies
Dinner	<b>Main</b> Creamy Chicken Stew	<b>Main</b> Cabbage Rolls	<b>Main</b> Sausage & Pepper Pasta	<b>Main</b> Swedish Meatballs	<b>Main</b> Krunchie Perch	<b>Main</b> Chicken Thighs	<b>Main</b> Roast Ham
	<b>Starch &amp; Veg</b> Tea Biscuit, Broccoli & Carrots	<b>Starch &amp; Veg</b> Mashed Potatoes,	<b>Starch &amp; Veg</b> Caesar Salad with Garlic Bread	<b>Starch &amp; Veg</b> Noodles, Aspar, Turnip	<b>Starch &amp; Veg</b> Fries, Coleslaw	<b>Starch &amp; Veg</b> Mashed, Green Beans, Cauliflower	<b>Starch &amp; Veg</b> Scalloped, Brussel, Corn
	<b>Dessert</b> Custard Tart	<b>Dessert</b> Hummingbird Cake	<b>Dessert</b> Carrot Cake	<b>Dessert</b> Coffee Cake	<b>Dessert</b> Ice Cream Sandwiches	<b>Dessert</b> Apple Crisp	<b>Dessert</b> Cherry Pie

Alternative Menu Choices

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

Substitutes

Availability may necessitate menu substitutions.

# Week 4 Menu

Meal	Spring & Summer Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Vegetable Barley	<b>Soup</b> Chicken Rice	<b>Soup</b> Cream of Cauliflower	<b>Soup</b> Lentil	<b>Soup</b> Tomato Dill	<b>Soup</b> Bean and Bacon	<b>Soup</b> Hearty Vegetable
	<b>Main</b> Chef's Choice	<b>Main</b> Loaded Waffle with Breakfast Sausage	<b>Main</b> Chicken Waldorf Salad	<b>Main</b> Beans & Weiners and Roll	<b>Main</b> Egg Salad Sandwich	<b>Main</b> Salmon Salad Sandwich	<b>Main</b> Sausage with Sauerkraut
	<b>Side</b>	<b>Side</b> Fruit Saald	<b>Side</b> Bread Stick	<b>Side</b> Garden Salad	<b>Side</b> Tomato Cucumber Salad	<b>Side</b> Greek Salad	<b>Side</b> German Potato Salad
	<b>Dessert</b> Pineapples	<b>Dessert</b> Pudding	<b>Dessert</b> Pears	<b>Dessert</b> Jello	<b>Dessert</b> Peaches	<b>Dessert</b> Pudding	<b>Dessert</b> Fresh Fruits
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	<b>Main</b> Turkey Salisbury	<b>Main</b> Sweet & Sour Pork	<b>Main</b> Creamy Mushroom Pork Chop	<b>Main</b> Spaghetti with Meat Balls	<b>Main</b> Fish and Chips	<b>Main</b> Chicken Pot Pie with Gravy	<b>Main</b> Lamb Vegetable Stew
	<b>Starch &amp; Veg</b> Mashed, Brussel Sprouts, Squash	<b>Starch &amp; Veg</b> Rice, Green Beans, Carrots	<b>Starch &amp; Veg</b> Mashed, Green Peas, Corn	<b>Starch &amp; Veg</b> Garlic Bread, Caesar Salad	<b>Starch &amp; Veg</b> Fries, Coleslaw	<b>Starch &amp; Veg</b> Mixed Veggies	<b>Starch &amp; Veg</b> Mashed Potato, Spinach, Turnip
	<b>Dessert</b> Ice Cream Cake	<b>Dessert</b> Red Velevet Cake	<b>Dessert</b> Cherry Cheesecake	<b>Dessert</b> Peach Cobbler	<b>Dessert</b> Trifle	<b>Dessert</b> Chocolate Cake	<b>Dessert</b> Banana Cream Pie

Alternative Menu Choices

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

Substitutes

Availability may necessitate menu substitutions.

# Week 5 Menu

Meal	Spring & Summer Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Cream of Chicken	<b>Soup</b> Minestrone	<b>Soup</b> Mushroom Barley	<b>Soup</b> Tomato Noodle	<b>Soup</b> Cream of Mushroom	<b>Soup</b> Split Pea with Ham	<b>Soup</b> Chicken Rice
	<b>Main</b> Honey Garlic Chicken Wings	<b>Main</b> Western Omelet	<b>Main</b> Deli Meat Sandwich	<b>Main</b> Chef's Choice Day	<b>Main</b> Pepperoni Pizza	<b>Main</b> Chicken Salad Sandwich	<b>Main</b> Roast Beef Sandwich
	<b>Side</b> Sliced Veggies	<b>Side</b> Roll And Garden Salad	<b>Side</b> Spinach Salad		<b>Side</b> Tomato Feta Salad	<b>Side</b> Cucumber Salad	<b>Side</b> Caesar Salad
	<b>Dessert</b> Pudding	<b>Dessert</b> Peaches	<b>Dessert</b> Jello	<b>Dessert</b> Pudding	<b>Dessert</b> Fruit Cocktail	<b>Dessert</b> Pineapple	<b>Dessert</b> Jello
Snack	Muffins	Cookies	Loaf	Cookies	Chips	Loaf	Cookies
Dinner	<b>Main</b> Lasagna	<b>Main</b> Pork Vegetable Stew	<b>Main</b> Chicken Broccoli Casserole	<b>Main</b> BBQ Chicken	<b>Main</b> Baked Cod with Lemon Sauce	<b>Main</b> Veal with Mushroom Gravy	<b>Main</b> Roast Pork with Apple Gravy
	<b>Starch &amp; Veg</b> Garlic Bread, Caesar Salad	<b>Starch &amp; Veg</b> Rice,	<b>Starch &amp; Veg</b> Mashed, Cabbage, Carrots	<b>Starch &amp; Veg</b> Rice, Brussel, Squash	<b>Starch &amp; Veg</b> Coleslaw	<b>Starch &amp; Veg</b> Mashed Potato, Cauliflower and Broccoli	<b>Starch &amp; Veg</b> Mashed, Green Peas, Carrots
	<b>Dessert</b> Apple Strawberry Rhubarb Crisp	<b>Dessert</b> Bread Pudding	<b>Dessert</b> Tiramisu	<b>Dessert</b> Custard Tart	<b>Dessert</b> Chocolate Fudge Cake	<b>Dessert</b> Blueberry Cake	<b>Dessert</b> Blueberry Pie

Alternative Menu Choices

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

Substitutes

Availability may necessitate menu substitutions.