

Week 1 Menu

Meal	Spring & Summer Menu 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Carrot	Soup Minestrone	Soup Tomato Basil	Soup Vegetble Barley	Soup Cream of Mushroom	Soup Lentil	Soup Country Vegetable
	Main Chef Salad	Main Chef's Choice Day	Main Greek Chicken Pasta Salad	Main Quiche Lorraine	Main Turkey Swiss & Cranberry Sandwich	Main Pulled Pork on a Bun	Main Captain Burger
	Side Bread Stick		Side	Side Tomato Feta Salad	Side Garden Salad	Side Carrot Salad	Side Tater Tots
	Dessert Pineapples	Dessert Pudding	Dessert Pears	Dessert Jello	Dessert Peaches	Dessert Pudding	Dessert Jello
Snack	Muffins	Cookies	Loaf	Cookies	Chips	Loaf	Cookies
Dinner	Main Herb Roasted Chicken Breast	Main Bangers and Mashed	Main Shepherd's Pie with Gravy	Main Penne with Meat Sauce	Main Fish and Chips	Main Veal Parmesan	Main Roast Turkey
	Starch & Veg Mini Red Potatoes and Vegetables	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Vegetables	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Fries, Coleslaw	Starch & Veg Egg Noodles and Vegetables	Starch & Veg Mashed Potatoes and Vegetables
	Dessert Lemon Tart	Dessert Blueberry Crisp	Dessert Ice Cream	Dessert Chocolate Cake	Dessert Rice Pudding	Dessert Upside DownPeach Cake	Dessert 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 2023						
	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 Deville 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 White Fish with Dill	Main Lemon Chicken	Main Corned Beef Dinner
	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Baked Potatoes and Vegetables	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Rice Pilaf and Vegetables	Starch & Veg Rice Pilaf and Vegetables	Starch & Veg Boiled Potatoes and Vegetables
	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 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Butternut Squash	Soup Vegetable Pasta	Soup Corn Chowder	Soup Navy Bean	Soup Cream of Potato	Soup Tomato	Soup Cream of Mushroom
	Main Pepperoni Pizza	Main Hamburger	Main Chef's Choice	Main Irish Ploughman's Lunch	Main Perogies and Sour Cream	Main Broccoli & Cheese Quiche	Main Corned Beef & Swiss on Rye
	Side Garden Salad	Side Chips	Side	Side Roll	Side Garden Salad	Side Spinach Salad	Side Potato Salad & Pickles
	Dessert Mandarin Orange	Dessert Peaches	Dessert Pears	Dessert Pudding	Dessert Jello	Dessert Pudding	Dessert Apricots
Snack	Muffins	Cookies	Loaf	Cookies	Chips	Loaf	Cookies
Dinner	Main Creamy Chicken Stew	Main Cabbage Rolls	Main Sausage & Pepper Pasta	Main Swedish Meatballs	Main Krunchie Perch	Main Chicken Thighs	Main Roast Ham
	Starch & Veg Tea Biscuit and Vegetables	Starch & Veg Mashed Potatoes,	Starch & Veg Caesar Salad with Garlic Bread	Starch & Veg Noodles and Vegetables	Starch & Veg Fries, Coleslaw	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Scalloped Potatoes and Vegetables
	Dessert Custard Tart	Dessert Hummingbird Cake	Dessert Stewed Fruit with Ice Cream	Dessert Carrot Cake	Dessert Ice Cream Sandwiches	Dessert Apple Crisp	Dessert 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 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Vegetable Barley	Soup Chicken Rice	Soup Cream of Cauliflower	Soup Lentil	Soup Tomato Dill	Soup Bean and Bacon	Soup Hearty Vegetable
	Main Chef's Choice	Main Loaded Waffle with Breakfast Sausage	Main Chicken Waldorf Salad	Main Beans & Weiners and Roll	Main Egg Salad Sandwich	Main Salmon Salad Sandwich	Main Sausage with Sauerkraut
	Side	Side Fruit Saald	Side Bread Stick	Side Garden Salad	Side Tomato Cucumber Salad	Side Greek Salad	Side German Potato Salad
	Dessert Pineapples	Dessert Pudding	Dessert Pears	Dessert Jello	Dessert Peaches	Dessert Pudding	Dessert Jello
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	Main Turkey Salisbury	Main Sweet & Sour Pork	Main Creamy Mushroom Pork Chop	Main Spaghetti with Meat Balls	Main Fish and Chips	Main Chicken Pot Pie with Gravy	Main Roast Veal
	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Rice Pilaf and Vegetables	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Fries, Coleslaw	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Mashed Potatoes and Vegetables
	Dessert Ice Cream Cake	Dessert Red Velevet Cake	Dessert Cherry Cheesecake	Dessert Peach Cobbler	Dessert Trifle	Dessert Chocolate Cake	Dessert 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 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Cream of Chicken	Soup Minestrone	Soup Mushroom Barley	Soup Tomato Noodle	Soup Cream of Mushroom	Soup Split Pea with Ham	Soup Chicken Rice
	Main Honey Garlic Chicken Wings	Main Western Omelet	Main Deli Meat Sandwich	Main Chef's Choice Day	Main Pepperoni Pizza	Main Chicken Salad Sandwich	Main Roast Beef Sandwich
	Side Sliced Veggies	Side Roll And Garden Salad	Side Spinach Salad		Side Tomato Feta Salad	Side Cucumber Salad	Side Caesar Salad
	Dessert Pudding	Dessert Peaches	Dessert Jello	Dessert Pudding	Dessert Fruit Cocktail	Dessert Pineapple	Dessert Jello
Snack	Muffins	Cookies	Loaf	Cookies	Chips	Loaf	Cookies
Dinner	Main Lasagna	Main Pork Vegetable Stew	Main Chicken Broccoli Casserole	Main BBQ Chicken	Main Baked Tilapia with Lemon	Main Veal with Mushroom Gravy	Main Roast Pork with Apple Gravy
	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Rice Pilaf and Vegetables	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Rice Pilaf and Vegetables	Starch & Veg Boiled Potato and Vegetables	Starch & Veg Mashed Potatoes and Vegetables	Starch & Veg Mashed Potatoes and Vegetables
	Dessert Apple Strawberry Rhubarb Crisp	Dessert Bread Pudding	Dessert Tiramisu	Dessert Custard Tart	Dessert Chocolate Fudge Cake	Dessert Blueberry Cake	Dessert 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.