

Week 1 Menu

Meal	Fall and Winter Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Cream of Mushroom	Soup Minestrone	Soup Tomato Basil	Soup Vegatable Barley	Soup Cream of Vegetable	Soup Lentil	Soup Country Vegetable
	Main Egg Salad Sandwich	Main Beans and Weiners	Main Captain Burger	Main Tomato Cheese Quiche	Main Chef's Choice Day	Main Sausage with Sauerkraut	Main Tuna Salad Sandwich
	Side Greek Salad	Side Carrot Salad	Side Tomato Cucumber Salad	Side Garden Salad		Side German Potato Salad	Side Mixed Green Salad
	Dessert Pineapples	Dessert Pudding	Dessert Pears	Dessert Jello	Dessert Peaches	Dessert Pudding	Dessert Pears
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	Main Chicken Cacciatore	Main Shepherd's Pie	Main Penne with Meat Sauce	Main Beef Stew with Tea Biscuit	Main Fish n Chips	Main Teriyaki Chicken Breast	Main Corned Beef
	Starch & Veg Noodles, Broccoli, Peppers	Starch & Veg Mini Red Potatoes, Veg Blend	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Mashed, Veg Blend	Starch & Veg Fries , Coleslaw	Starch & Veg Noodles, Mixed Veggies	Starch & Veg Boiled, Brussel Sprouts, Squash
	Dessert Ice Cream Bar	Dessert Black Forest Pudding	Dessert Ambrosia	Dessert Stewed Fruit with Ice Cream	Dessert Cherry Crisp	Dessert Custard Tart	Dessert Apple Pie

Alternative Menu Choices

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

Substitutes

Availability may necessitate menu substitutions.

Week 2 Menu

Meal	Fall and Winter Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Tomato	Soup Split Pea	Soup Cream of Broccoli	Soup Vegetable	Soup Chicken Rice	Soup Cream of Mushroom	Soup Mushroom Barley
	Main Chicken Salad Sandwich	Main Perogies with Sour Cream	Main Sloppy Joes	Main Chef's Choice Day	Main Vegetable Frittata with Cheese	Main Chicken Fingers	Main Deli Meat Sandwich
	Side Cucumber Salad	Side Garden Salad	Side Carrot Salad		Side Salad and Roll	Side Tater Tots	Side Greek Salad
	Dessert Fruit Cocktail	Dessert Pudding	Dessert Jello	Dessert Peaches	Dessert Pudding	Dessert Pineapple	Dessert Jello
Snack	Muffins	Cookies	Loaf	Cupcakes	Popcorn	Loaf	Cookies
Dinner	Main Pork Stew	Main Veal Parmesan	Main Maple Apricot Pork Chop	Main Macaroni and Cheese	Main Baked Tilapia	Main Sweet and Sour Meatballs	Main Roast Ham
	Starch & Veg Mashed, Brussel Sprouts, Corn	Starch & Veg Mashed, Vegetable Blend	Starch & Veg Mashed, Veg Blend	Starch & Veg Caesar Salad	Starch & Veg Rice , Vegetables	Starch & Veg Mashed, Carrot and Peas	Starch & Veg Scalloped, Veg Blend
	Dessert Crème Caramel	Dessert Ice Cream Bar	Dessert Carrot Cake	Dessert Vanilla Cake	Dessert Blueberry Crisp	Dessert Butter Tart	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.

Week 3 Menu

Meal	Fall and Winter Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Corn Chowder	Soup Navy Bean	Soup Tomato	Soup Vegetable Rice	Soup Cream of Mushroom	Soup Butternut Squash	Soup Lentil
	Main Turkey Cranberry Sandwich	Main Quiche Lorraine	Main Chili and Roll	Main Salmon Salad Sandwich	Main Chef's Choice Day	Main Grilled Ham and Cheese	Main Corned Beef Swiss on Rye
	Side Mixed Green Salad	Side Tomato Cucumber Salad	Side Garden Salad	Side Cucumber Salad		Side Spinach Salad	Side Potato Salad and Pickles
	Dessert Peaches	Dessert Pudding	Dessert Fruit Cocktail	Dessert Jello	Dessert Pears	Dessert Pudding	Dessert Fresh Fruit
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	Main Sausage Pepper Penne	Main Chicken a la King	Main Veal Cutlet with Mushroom Gravy	Main Pork Paprikash	Main Fish and Chips	Main Herbed Chicken Thigh	Main Roast Pork with Apple Gravy
	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Rice, Vegetable Blend	Starch & Veg Mini Red, Vegetable Blend	Starch & Veg Rice and Vegetable Blend	Starch & Veg Fries , Coleslaw	Starch & Veg Mashed, Vegetable Blend	Starch & Veg Mashed, Squash, Corn
	Dessert Cherry Cheesecake	Dessert Apple Crisp	Dessert Lemon Tart	Dessert Ice Cream Bar	Dessert Brownies	Dessert trifle	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 4 Menu

Meal	Fall and Winter Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Vegetable	Soup Tomato	Soup Cream of Vegetable	Soup Borscht	Soup Bean and Bacon	Soup Mushroom Barley	Soup Cream of Mushroom
	Main Egg Salad Sandwich	Main Pepperoni Pizza	Main Chef's Choice Day	Main BBQ Wings	Main Chicken Salad Sandwich	Main Deli Meat Sandwich	Main Pulled Pork on a Bun
	Side Cucumber Salad	Side Garden Salad		Side Veggies	Side Greek Salad	Side Coleslaw, Pickles	Side Carrot Salad
	Dessert Jello	Dessert Pudding	Dessert Peaches	Dessert Pudding	Dessert Pears	Dessert Fruit Cocktail	Dessert Jello
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	Main Cabbage Rolls	Main BBQ Pork Drummies	Main Turkey Loaf with Gravy	Main Lasagna	Main Baked White Fish	Main Pork chop with Mushroom	Main Roast Veal
	Starch & Veg Mashed, Vegetable Blend	Starch & Veg Baked, Corn, Peas	Starch & Veg Mashed, Vegetable Blend	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Rice, Squash, Brussel Sprouts	Starch & Veg Mini Red, Peas, Carrots	Starch & Veg Mashed, Vegetable
	Dessert Fruit Tart	Dessert Rhubard Apple Crisp	Dessert Hummingbird Cake	Dessert Rice Pudding	Dessert Vanilla Cake	Dessert Ice Cream Bar	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 5 Menu

Meal	Fall and Winter Menu 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Vegetable Rice	Soup Minestrone	Soup Mushroom Barley	Soup Tomato Noodle	Soup Cream of Mushroom	Soup Split Pea with Ham	Soup Chicken Rice
	Main Peameal & Cheddar on a Bun	Main Monte Cristo Sandwich	Main Chef's Choice Day	Main Ham and Cheese Omelet	Main Chicken Burger	Main Roast Beef Sandwich	Main Sausage Potato Casserole
	Side Tater Tots	Side Greek Salad		Side Garden Salad	Side Carrot Salad	Side Tomato Cucumber	Side Veggies
	Dessert Fruit Cocktail	Dessert Pudding	Dessert Jello	Dessert Peaches	Dessert Pudding	Dessert Pineapple	Dessert Jello
Snack	Muffins	Cookies	Loaf	Cookies	Popcorn	Loaf	Cookies
Dinner	Main Herbed Chicken Breast	Main Sweet and Sour Pork	Main Spaghetti with Meatballs	Main Beef Stroganoff	Main Perch and Fries	Main Veal Cutlet	Main Roast Turkey
	Starch & Veg Mashed, Corn, Peas	Starch & Veg Rice, PEI Blend	Starch & Veg Garlic Bread, Caesar Salad	Starch & Veg Noodles, Vegetable Blend	Starch & Veg Fries , Coleslaw	Starch & Veg Mini Red, Carrots, Beans	Starch & Veg Mashed Vegetble Blend
	Dessert Chocolate Cake	Dessert Blueberry Crisp	Dessert Bread Pudding	Dessert Ice Cream Bar	Dessert Red Velvet Cake	Dessert Pumpkin Tart	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.