

## REGULAR WEEK AT A GLANCE

**Fall & Winter 2021-2022  
Week 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Oat Bran/Flax Boiled Egg Whole Wheat Toast	Cream of Wheat/Flax Cheddar Cheese Assorted Muffins	Oatmeal w/ Flax Yogurt Whole Wheat Toast	Cream of Wheat w/Flax Scrambled Eggs Whole Wheat Toast	Oat Bran w/Flax Cheddar Cheese Raisin Toast	Apple Cinn. Oatmeal w/Flax Bacon French Toast w/Syrup	Cream of Wheat/Flax Omelet Whole Wheat Toast
	Hearty Vegetable Soup	Cream of Broccoli Soup	Chicken Noodle Soup	Cream of Tomato Soup	French Onion Soup	Cream of Mushroom Soup	Minestrone Soup
	Pancakes w/ Berry Sauce & Whip Topping Back Bacon	Lasagna Garlic Toast Caesar Salad	Egg or Seafood Salad Croissant Creamy Pea Salad	Cheese Burger w/ Tomato & Lettuce Tomato Baked Beans	Beef Chili Cornmeal Muffin Garden Salad	Cheesy Pepperoni Casserole Garlic Breadstick Caesar Salad	Ham, Swiss & Lettuce Sandwich Sweet Pickles Potato Chips
Tiramisu Mousse	Ice Cream Treats	Stewed Rhubarb	Fruity Jell-O	Ice Cream Sundae	Winter Fruit Cup	Baked Cookie	
<b>SUPPER</b>	Teriyaki Chicken Buttered Rice California Vegetable	Garlic Sausage Perogies Fried Onions & Bacon Crumble Sour Cream Pickled Beets	BBQ Pork Macaroni & Cheese Buttered Cabbage	Chicken Stew Mashed Potatoes Gravy Mixed Vegetable	Salmon w/ Dill Sauce Buttered Rice Peas & Carrots	Creamy Herb Pork Chop Green Beans Savory Diced Potatoes Gravy	Roast Beef Dilled Carrots Mashed Potatoes Gravy Yorkshire Pudding
	Banana Cake	Rice Pudding	Pumpkin Pie w/ Whip Topping	Chocolate Peanut Butter Cake	Nanaimo Bar	Berry Cheesecake	Butter Pecan Fudge Cake