

REGULAR WEEK AT A GLANCE

Fall & Winter 2021-2022 Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat w/Flax Yogurt Whole Wheat Toast	Apple Cinn. Oatmeal w/ Flax Cheddar Cheese Assorted Muffins	Cream of Wheat/Flax Scrambled Egg Whole Wheat Toast	Oat Bran w/Flax Boiled Egg Whole Wheat Toast	Oatmeal w/Flax Yogurt Raisin Toast	Cream of Wheat w/Flax Breakfast Sausage Waffles w/Syrup	Oat Bran w/Flax Scrambled Egg Whole Wheat Toast
	Corn Chowder	Vegetable Barley Soup	Baked Bean Soup	Cream of Cauliflower Soup	Tomato Macaroni Soup	Split Pea Soup	Hearty Vegetable Soup
	Breakfast Sandwich (English Muffin, Egg Patty, Cheese) Tomato Slices	BBQ Pork Rib on a Bun Coleslaw	Beef & Macaroni Casserole Mixed Vegetables	Hot Roast Beef on Bread Horseradish Green Beans Gravy	Egg or Tuna Salad Dinner Bun Cucumber & Onion Salad	Lasagna Mixed Vegetable Garlic Bread	Chicken Salad Croissant Cranberry Almond Garden Salad
Tropical Fruit Salad	Ice Cream Treats	Diced Pears	Strawberry Cream Cheese Pastry	Ice Cream Sundae	Peanut Butter Pudding Parfait	Baked Apple Slices	
SUPPER	Tuna Noodle Casserole Buttered Peas	Salisbury Steak Brown Sugar Turnip Mashed Potatoes Gravy	Turkey Pot Pie Cauliflower w/ Cheese Sauce Buttered Rice	Italian Sausage w/ Onions Buttered Cabbage Savory Diced Potatoes Gravy	English Style Fish Tarter Sauce Crinkle Cut Carrots Mashed Potatoes Gravy	Chicken Tenders Plum Sauce Casear Salad Tator Tots	Maple Dijon Pork Loin Winter Squash Casserole Roasted Potatoes Gravy
	Caramel Vanilla Cake	Pineapple Upside Down Cake	Cherry Pie	Bread Pudding	Butter Tart Square	Apple Crisp	Oreo Cheesecake