

## REGULAR WEEK AT A GLANCE

### Fall & Winter 2021-2022 Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat/Flax Boiled Egg Whole Wheat Toast	Oat Bran/Flax Cheddar Cheese Assorted Muffins	Cream of Wheat/Flax Yogurt Whole Wheat Toast	Oatmeal w/ Flax Scrambled Eggs Whole Wheat Toast	Cream of Wheat w/Flax Cheddar Cheese Raisin Toast	Oat Bran w/Flax Bacon Pancakes w/Syrup	Cream of Wheat/Flax Omelet Whole Wheat Toast
LUNCH	Chicken Rice Soup  Bacon Waffles w/Berry Sauce Whip Topping  Chocolate Pudding Parfait	Cream of Cauliflower Soup  Fish Burger Tarter Sauce Cucumber Tomato Salad  Ice Cream Treats	Italian Wedding Soup  Vegetable Beef Stew Biscuit Mixed Vegetable  Pineapple	Split Pea Soup  Turkey Sandwich w/ Cranberry Mayonnaise Garden Salad  Jello w/ Whip Topping	Hearty Vegetable Soup  Sloppy Joes Burger Bun Sliced Carrots  Ice Cream Sundae	Cream of Mushroom Soup  Chicken Salad Sandwich Cranberry Almond Garden Salad  Diced Peaches	Chicken Noodle Soup  Beef, Lettuce & Cheese Hoagie Sub Sliced Pickles Potato Chips  Baked Cookie
SUPPER	Oven Baked Chicken Thighs Mashed Potatoes Gravy California Mixed Vegetable  Carrot Cake	Sweet & Savoury Meatloaf Savory Diced Potatoes Gravy Creamed Peas  Sticky Honey Bun Cake	Chicken Alfredo Buttered Rotini Noodles Broccoli & Cheese Sauce  Banana Cream Pie	Pork Bites Sweet & Sour Sauce Tator Tots Oriental Vegetable  Rhubarb Crisp	Lemon Pepper Cod Tarter Sauce Buttered Rice Green Beans  Caramel Chocolate Brownie	Oven Baked Sausage Potato Wedges Broccoli  Lemon Cheese Cake	Roast Turkey Cranberry Sauce Brussel Sprouts Mashed Potatoes/Gravy Homemade Stuffing  Pumpkin Pie Whipped Topping