

## Spring & Summer 2022 Regular Menu

### Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat w/Flax Cheddar Cheese Buttered Whole Wheat Toast	Oatmeal w/Flax Yogurt Buttered Whole Wheat Toast	Oat Bran w/Flax Boiled Egg Buttered Whole Wheat Toast	Oatmeal w/Flax Cheddar Cheese Buttered Whole Wheat Toast	Cream of Wheat w/Flax Scrambled Eggs Buttered Whole Wheat Toast	Oat Bran w/Flax Yogurt Buttered Whole Wheat Toast	Apple Cinn. Oatmeal w/Flax Boiled Egg Buttered Whole Wheat Toast
LUNCH	Tomato Juice  Omelet Hashbrowns Fruit Salad  Baked Cookie	Cream of Mushroom Soup  Chicken Fingers Plum Sauce Tater Tots Montego Vegetable  Ice Cream	Boston Baked Bean Soup  Cheeseburger Bun Macaroni Salad Coleslaw  Fruit Cocktail	Chicken Rice Soup  Ham & Cheese Sub Sandwich Cucumber Tomato Salad  Jello w/ Whip Topping	Garden Vegetable Soup  Meat Sauce Rotini Noodles Turnip  Ice Cream Bar	Cream of Potato Soup  Turkey Dijon Sandwich Marinated Vegetable Salad  Fresh Fruit	Italian Wedding Soup  Sloppy Joes Burger Bun California Mixed Vegetable  Mousse
SUPPER	Farmers Sausage Roasted Potatoes Cauliflower w/Cheese Sauce on Side  Rhubarb Crisp	Beef Stroganoff Buttered Rotini Peas  Banana Cake	Chicken Stir Fry Fried Rice Oriental Vegetables  Creamy Cherry Square	Seasoned Pork Roast Mashed Potatoes & Gravy Carrots Apple Sauce  Honey Bun Cake	English Style Fish Tartar Sauce Potato Wedges Green Beans  Nanaimo Bar	Shepherd's Pie Mixed Vegetables  Sour Cream Coconut Cake	Roast Turkey Cranberry Sauce Mashed Potatoes & Gravy Homemade Stuffing Brussels Sprouts  Berry Cheesecake