

REGULAR WEEK AT A GLANCE

Fall & Winter 2023-2024

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat/Flax* Boiled Egg Whole Wheat Toast Banana <i>*Alternate available: Cold Cereal</i>	Oat Bran/Flax* Cheddar Cheese Assorted Muffins <i>*Alternate available: Cold Cereal</i>	Cream of Wheat/Flax* Yogurt Whole Wheat Toast Berries <i>*Alternate available: Cold Cereal</i>	Oatmeal w/ Flax* Scrambled Eggs Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>	Cream of Wheat w/Flax* Cheddar Cheese Raisin Toast <i>*Alternate available: Cold Cereal</i>	Oat Bran w/Flax* Bacon Pancakes w/Syrup Berries <i>*Alternate available: Cold Cereal</i>	Cream of Wheat/Flax* Omelet Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>
LUNCH	Chicken Rice Soup Bacon Waffles w/Berry Sauce Whipped Topping Chocolate Pudding Parfait	Cream of Cauliflower Soup Fish Burger w/Tartar Sauce Cucumber Tomato Salad Ice Cream Treats	Sauerkraut Soup Beef Stew Mixed Vegetable Biscuit Pineapple	Split Pea Soup Turkey Sandwich w/Cranberry Mayonnaise Garden Salad Jello w/ Whipped Topping	Hearty Vegetable Soup Sloppy Joes w/Bun Sliced Carrots Ice Cream Sundae	Cream of Mushroom Soup Chicken Salad Sandwich Cranberry Almond Garden Salad Diced Peaches	French Onion Soup Meatballs & Tomato Sauce Carrots Rotini Baked Cookie
SUPPER	Oven Baked Chicken Thighs California Mixed Vegetable Mashed Potatoes Gravy Carrot Cake	Sweet & Savoury Meatloaf Creamed Peas Savoury Diced Potatoes Gravy Sticky Honey Bun Cake	Chicken Alfredo Broccoli & Cheese Sauce Buttered Rotini Noodles Banana Cream Pie	Pork Bites w/Sweet & Sour Sauce Oriental Vegetable Tator Tots Rhubarb Crisp	Lemon Pepper Cod Green Beans Buttered Rice Tartar Sauce Caramel Chocolate Brownie	Oven Baked Sausage Broccoli Sweet Potato Wedges Lemon Cheese Cake	Roast Turkey Peas & Carrots Homemade Stuffing Cranberry Sauce Mashed Potatoes & Gravy Pumpkin Pie Whipped Topping
SNACK	AM Fluids Only PM Chocolate Pudding HS Tuna Salad Sandwich	AM Fluids Only PM Turnover Cookie HS Turkey Salad Sandwich	AM Fluids Only PM Peach Fruit Cup HS Cheese & Crackers	AM Fluids Only PM Gelatin Cup HS Cold Cereal & Milk	AM Fluids Only PM Shortcake Cookie HS Fresh Baked Muffin & Cheese	AM Fluids Only PM Nutrigrain Bar HS Minced Ham Salad Sandwich	AM Fluids Only PM Vanilla Pudding HS Peanut Butter & Honey Sandwich
Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)							