

REGULAR WEEK AT A GLANCE

Fall & Winter 2023-2024

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax* Boiled Egg Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>	Cream of Wheat/Flax* Cheddar Cheese Assorted Muffins Apple Slices <i>*Alternate available: Cold Cereal</i>	Oatmeal w/ Flax* Yogurt Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>	Cream of Wheat w/Flax* Scrambled Eggs Whole Wheat Toast Banana <i>*Alternate available: Cold Cereal</i>	Oat Bran w/Flax* Cheddar Cheese Raisin Toast <i>*Alternate available: Cold Cereal</i>	Apple Cinn. Oatmeal w/Flax* Bacon French Toast w/Syrup Berries <i>*Alternate available: Cold Cereal</i>	Cream of Wheat/Flax* Omelet Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>
LUNCH	Hearty Vegetable Soup Back Bacon Pancakes Berry Sauce Whipped Topping Tiramisu Mousse	Cream of Broccoli Soup Lasagna Caesar Salad Garlic Toast Ice Cream Treats	Tomato Soup Egg or Seafood Salad Croissant Creamy Pea Salad Stewed Rhubarb	Chicken Noodle Soup Cheese Burger w/Tomato & Lettuce Tomato Baked Beans Fruity Jell-O	French Onion Soup Beef Chili Mixed Vegetable Dinner Bun Ice Cream Sundae	Cream of Mushroom Soup Cheesy Pepperoni Casserole Garden Salad Garlic Breadstick Winter Fruit Cup	Minestrone Soup Turkey & Swiss Sandwich Four Bean Salad Baked Cookie
SUPPER	Teriyaki Chicken California Vegetable Buttered Rice Banana Cake	Garlic Sausage Picked Beets Perogies Fried Onion & Bacon Crumble Sour Cream Rice Pudding	BBQ Pork Roast Montego Vegetable Mashed Potato Pumpkin Pie w/ Whipped Topping	Chicken Stew Mixed Vegetable Mashed Potato Gravy Chocolate Peanut Butter Cake	Salmon w/ Dill Sauce Peas & Carrots Buttered Rice Nanaimo Bar	Creamy Herbed Pork Chop Green Beans Savory Diced Potatoes Gravy Berry Cheesecake	Roast Beef Dilled Carrots Yorkshire Pudding Mashed Potatoes Gravy Butter Pecan Fudge Cake
SNACK	AM Fluids Only PM Gelatin Cup HS Peanut Butter & Honey Sandwich	AM Fluids Only PM Pineapple Tidbit Cup HS Minced Turkey Salad Sandwich	AM Fluids Only PM Fruit Cream Cookie HS Egg Salad Sandwich	AM Fluids Only PM Butterscotch Pudding HS Cold Cereal & Milk	AM Fluids Only PM Nutrigrain Bar HS Fresh Baked Muffin & Cheese	AM Fluids Only PM Digestive Cookie HS Minced Ham Salad Sandwich	AM Fluids Only PM Gelatin Cup HS Cheese & Crackers
Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)							