

**SPRING & SUMMER 2023 (WESTERN MENU) - WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Scrambled Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cinnamon Oatmeal Boiled Eggs Cranberry Muffin Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Poached Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Pancakes w Syrup & Bacon Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea
<b>Alternate</b>	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>AM Snack</b>	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice
<b>Lunch</b>	Roasted Cauliflower Soup Unsalted Crackers Chicken Salad Sandwich  Fresh Green Salad Chilled Pineapple Milk Coffee or Tea	Vegetables Soup Unsalted Crackers Classic Fish & Chips w Tartar Sauce & Ketchup Coleslaw Chilled Peaches Milk Coffee or Tea	Corn Chowder Soup Unsalted Crackers Creamy Macaroni & Cheese  Marinated Green Beans Mixed Berries Milk Coffee or Tea	Cabbage Soup Unsalted Crackers Chickpea Tomato Beans Stew Brioche Bun Romaine Salad Ice cream Sandwich Milk Coffee or Tea	Minestrone Soup Unsalted Crackers Pork Souvlaki Pita Sandwich  Greek Salad Mandarin Oranges Milk Coffee or Tea	Vetables & Rice Soup Unsalted Crackers Spinach & Cheddar Quiche  Carrot & Cucumber Salad Diced Pears Milk Coffee or Tea	Split Pea Soup Unsalted Crackers BBQ Pork Ribette Paprika Potatoes Spinach & Strawberry Salad Apricot Halves Milk Coffee or Tea
<b>Alternate</b>	Beef Salad Sandwich	Egg Salad Sandwich	Tuna Salad Sandwich	Grated Cheese Sandwich	Egg Salad Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich
<b>PM Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Grapes	Oranges	Grapes	Mandarin Oranges	Diced Melons	Oranges	Grapes
	Blueberry Loaf	Digestives	Carrot Loaf	One Bite Wafers	Blueberry Loaf	Social Tea	Lemon Loaf
<b>Dinner</b>	Salisbury Steak w Brown Gravy Mashed Potatoes Buttered Squash Jellied Fruit Cocktail Milk Coffee or Tea	Pork Adobo w Sauce Jasmine Rice Broccoli Churros Milk Coffee or Tea	Vegetables Stir Fry w Beef  Asian Noodles Parslied Carrots Homemade Apricot Cake Milk Coffee or Tea	Chicken Marsala w Marsala Sauce Basmati Rice Cauliflower Mango Whip Milk Coffee or Tea	Baked Cod w Lemon Pepper Sauce Roasted Potatoes Sauteed Zucchini Carrot Cake Milk Coffee or Tea	Turkey a La King w Sauce Mashed Potatoes Brussel Sprouts Fruit Tart Milk Coffee or Tea	Roast Beef w Brown Gravy Yorkshire Pudding Peas & Onions, Mashed Potatoes Apple Pie Milk Coffee or Tea
<b>Alternate</b>	Herb Baked Fish	Roasted Chicken Breast	Vegetarian Patty	BBQ Meatballs	Pork Sauages	Hamburger Patty	Pork Patty
<b>Bedtime Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Shortbread Cookies	Banana Loaf	Chocolate Chip Cookies	Banana Loaf	Oatmeal Cookies	Banana Loaf	Peanut Butter Cookies



<b>Meal Service Hours</b>	
Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM

Menu subject to change without notice

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SPRING & SUMMER 2023 (WESTERN MENU) - WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Scrambled Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cinnamon Oatmeal Boiled Eggs Cranberry Muffin Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Poached Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Eggo Waffle w Syrup & Bacon Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea
<b>Alternate</b>	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>AM Snack</b>	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice
<b>Lunch</b>	Carrot & Dill Soup Unsalted Crackers Vegetarian Chili Focaccia Bread Fresh Green Salad Shebert Milk Coffee or Tea	Egg Drop Soup Unsalted Crackers Ham & Cheese Quesadillas w Dipping Sauce Romaine Salad Tropical Fruit Salad Milk Coffee or Tea	Vegetable Soup Unsalted Crackers Beef Burger w Lettuce & Tomato Potato Salad Chilled Peaches Milk Coffee or Tea	Leek Mushroom & Rice Soup Unsalted Crackers Sausage Pork Pasta Penne  Carrot Raisin Salad Cinnamon Sliced Apples Milk Coffee or Tea	Garden Lentil Soup Unsalted Crackers Salmon Salad Croissant  Coleslaw Lime Jello w Fruits Milk Coffee or Tea	Cream of Celery Soup Unsalted Crackers Veg Omelet w Spanish Sauce Dinner Roll & Margarine Spinach & Onion Mandarin Oranges Milk Coffee or Tea	Potato Vegetables Soup Unsalted Crackers 3 Cheese Pizza  Fresh Green Salad Diced Cantaloupe Milk Coffee or Tea
<b>Alternate</b>	Beef Salad Sandwich	Egg Salad Sandwich	Ham Salad Sandwich	Egg Salad Sandwich	Grated Cheese Sandwich	Tuna Salad Sandwich	Egg Salad Sandwich
<b>PM Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Grapes	Oranges	Grapes	Mandarin Oranges	Diced Melons	Oranges	Grapes
	Blueberry Loaf	Digestives	Carrot Loaf	One Bite Wafers	Blueberry Loaf	Social Tea	Lemon Loaf
<b>Dinner</b>	Baked Chicken Pieces w Mushroom Sauce Mashed Potatoes Carrot Coins Chocolate Mania Cake Milk Coffee or Tea	Baked Haddock w Dill Sauce Basmati Rice Diced Squash Fruit Panna Cotta w Sauce Milk Coffee or Tea	Seasoned Chicken Cutlet w Poultry Gravy Baked Potatoes Roasted Broccoli Mini Donuts w Sprinkles Milk Coffee or Tea	Korean BBQ Beef w Korean Sauce White Rice Stir Fry Zucchini Pineapple Upside Down Cake Milk Coffee or Tea	Apple Cider Pork Chop w Brown Gravy Barley Risotto Green Beans Apricot Halves Milk Coffee or Tea	Beef Burgundy w Brown Sauce Bow Tie Pasta Brussel Sprouts Fruit Trifle Milk Coffee or Tea	Roast Turkey w Cranberry Sauce Mashed Potatoes Italian Mixed Vegetables Strawberry Rhubarb Pie Milk Coffee or Tea
<b>Alternate</b>	Pork Cutlet	Roasted Chicken Breast	Battered Fish	Vegetarian Lasagna	Beef Pot Pie	Vegetarian Meatballs	Cabbage Rolls
<b>Bedtime Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Shortbread Cookies	Banana Loaf	Chocolate Chip Cookies	Banana Loaf	Oatmeal Cookies	Banana Loaf	Peanut Butter Cookies



Meal Service Hours	
Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM

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**SPRING & SUMMER 2023 (WESTERN MENU) - WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Scrambled Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cinnamon Oatmeal Boiled Eggs Cranberry Muffin Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Poached Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Pancakes w Syrup & Bacon Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea
<b>Alternate</b>	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>AM Snack</b>	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice
<b>Lunch</b>	Lentil Soup Unsalted Crackers Spaghetti w Meatballs Garlic Bread Caesar Salad Chilled Pineapple Milk Coffee or Tea	Minestrone Soup Unsalted Crackers Fish Cake w lemon Wedge French Fries Fresh Green Salad Fruit Cocktail Milk Coffee or Tea	Cream of Mushroom Soup Unsalted Crackers Mixed Beans Stew Pastry Shell Greek Salad Chilled Peaches Milk Coffee or Tea	Roasted Red Pepper Soup Unsalted Crackers Vegetables & Swiss Quiche WW Dinner Roll & Margarine Beet & Orange Cream Puff w Choco Sauce Milk Coffee or Tea	Potato Vegetable Soup Unsalted Crackers Turkey Salad Sandwich w Cranberry Mayo Sauce Three Beans Salad Apricot Halves Milk Coffee or Tea	Corn Chowder Soup Unsalted Crackers Egg Frittata Tea Biscuit Tomato & Corn Mandarin Oranges Milk Coffee or Tea	Pumpkin Apple Soup Unsalted Crackers Chicken Parmesan Strips Oven Baked Potato Wedges Coleslaw Pear Crumble Cake Milk Coffee or Tea
<b>Alternate</b>	Grated Cheese Sandwich	Egg Salad Sandwich	Salmon Salad Sandwich	Egg Salad Sandwich	Grated Cheese Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich
<b>PM Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Grapes	Oranges	Grapes	Mandarin Oranges	Diced Melons	Oranges	Grapes
	Blueberry Loaf	Digestives	Carrot Loaf	One Bite Wafers	Blueberry Loaf	Social Tea	Lemon Loaf
<b>Dinner</b>	Breaded Pork Cutlet w Brown Gravy Jasmine Rice Parslied Carrots Berries Milk Coffee or Tea	Chicken Cacciatore w Cacciatore Sauce Rotini Butternut Squash Chocolate Fudge Triple Milk Coffee or Tea	Homemade Beef Meatloaf w Brown Gravy Mashed Potatoes Sauteed Zucchini Jello w Fruits Milk Coffee or Tea	Sweet & Sour Pork Sweet & Sour Sauce Rice Pilaf Broccoli Mango Whip Milk Coffee or Tea	Baked Basa Fillet w Tomato Sauce Egg Noodles Cauliflower Chocolate Ice Cream Milk Coffee or Tea	Hamburger Steak w Brown Gravy Mashed Potatoes Green Beans Cheesecake w Sauce Milk Coffee or Tea	Baked Ham w Pineapple w Pineapple & Sauce Scalloped Potatoes Green Peas Blueberry Pie Milk Coffee or Tea
<b>Alternate</b>	Herb Baked Fish	Teriyaki Beef	Vegetarian Patty	Battered Fish	Pork Sausages	BBQ chicken Breast	Hamburger Patty
<b>Bedtime Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Shortbread Cookies	Banana Loaf	Chocolate Chip Cookies	Banana Loaf	Oatmeal Cookies	Banana Loaf	Peanut Butter Cookies



<b>Meal Service Hours</b>	
Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM

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SPRING & SUMMER 2023 (WESTERN MENU) - WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Scrambled Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cinnamon Oatmeal Boiled Eggs Cranberry Muffin Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Cream of Wheat Poached Eggs Raisin Toast Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea	Banana Oatmeal Scrambled Eggs Eggo Waffle w Syrup & Bacon Peanut Butter/Assorted Jam Milk Assorted Juice Coffee or Tea
<b>Alternate</b>	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>AM Snack</b>	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice	Assorted Juice or Beverage of Choice
<b>Lunch</b>	Cream of Broccoli Unsalted Crackers Vegetables Casserole Corn Muffin Fresh Green Salad Tropical Fruit Salad Milk Coffee or Tea	Golden Lentil Soup Unsalted Crackers Pulled Pork Bun Coleslaw Chilled Peaches Milk Coffee or Tea	Butternut Squash Soup Unsalted Crackers Assorted Cheese Fruit Plate Leek Scone Fresh Green Salad Ice Cream Sandwich Milk Coffee or Tea	Vegetables & Rice Soup Unsalted Crackers Pork Pot Pie WW Dinner Roll Spinach Salad Straw Jello w Whpped Cream Milk Coffee or Tea	Tomato & Barley Soup Unsalted Crackers Captain Fish Burger w Tartar Sauce Potato Salad Apricot Halves Milk Coffee or Tea	Garden Vegetable Soup Unsalted Crackers Beef Lasagna Garlic Bread Caesar Salad Diced Cantaloupe Milk Coffee or Tea	Beans Medley Soup Unsalted Crackers Egg Salad Sandwich Carrot Raisin Salad Fruit Panna Cotta w Sauce Milk Coffee or Tea
<b>Alternate</b>	Ham Salad Sandwiches	Egg Salad Sandwiches	Tuna Salad Sandwich	Egg Salad Sandwiches	Chicken Salad Sandwich	Egg Salad Sandwiches	Grated Cheese Sandwich
<b>PM Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Grapes	Oranges	Grapes	Mandarin Oranges	Diced Melons	Oranges	Grapes
	Blueberry Loaf	Digestives	Carrot Loaf	One Bite Wafers	Blueberry Loaf	Social Tea	Lemon Loaf
<b>Dinner</b>	Beef Mushroom Ragout w Sauce Parslied Pasta Carrot Coins Applesauce Cake Milk Coffee or Tea	Baked Salmon w Hollandaise Sauce Barley Pilaf Brussel Sprouts Mini Danish Milk Coffee or Tea	Korean Styled Beef w Teriyaki Sauce White Rice California Mixed Vegetables Mandarin Oranges Milk Coffee or Tea	Herb Baked Chicken w Poultry Sauce Roasted Potatoes Diced Squash Chocolate Brownie Milk Coffee or Tea	Chickpea Curry w Curry Sauce Basmati Rice Green Beans Mini Donuts w Sprinkles Milk Coffee or Tea	Lemon Thyme Roast Chicken Oven Roasted Lemon Potatoes Broccoli Rice Pudding Milk Coffee or Tea	Roast Pork w Mustard Sauce Mashed Potatoes Stir Fry Zucchini Boston Cream Pie Milk Coffee or Tea
<b>Alternate</b>	Chicken Cutlet	Meatballs with BBQ sauce	Battered Fish	Spinach Cannelloni	Cabbage Rolls	Vegetarian Patty	Chicken Cutlet
<b>Bedtime Snack</b>	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice	Milk or Beverage of Choice
	Shortbread Cookies	Banana Loaf	Chocolate Chip Cookies	Banana Loaf	Oatmeal Cookies	Banana Loaf	Peanut Butter Cookies



Meal Service Hours	
Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM

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