

SAMPLE MENU							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Orange or Apple Juice <b>Oatbran Cereal</b> <b>Poached Egg</b> Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter <b>French Toast &amp; Syrup</b>	Cranberry or Orange Juice <b>Oatmeal Cereal</b> <b>Western Omelette</b> Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter <b>Blueberry Muffin</b>	Apple or Orange Juice <b>Cream of Wheat Cereal</b> <b>Scrambled Eggs</b> Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter <b>Raisin Toast</b>	Orange or Apple Juice <b>Oatmeal Raisin Cereal</b> <b>Poached Egg</b> Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter <b>English Muffin</b>	Cranberry or Orange Juice <b>Oatbran Cereal</b> <b>Boiled Egg</b> Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter <b>Croissant</b>	Apple or Orange Juice <b>Oatmeal Cereal</b> <b>Scrambled Eggs</b> Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter <b>Toasted Rye Bread</b>	Orange or Apple Juice <b>Cream of Wheat Cereal</b> <b>Poached Egg</b> Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter <b>Breakfast Sausage</b>
AM	Orange Juice	Orange Pineapple Juice	Peach Juice	Apple Juice	Cranapple Juice	White Grape Juice	Pineapple Juice
	White Grape Juice	Tomato Juice	Apple Cider	White Grape Juice	V-8 Juice	Apple Cider	Tomato Juice
DINNER	<b>Shepherd's Pie</b> Mashed Potato Broccoli Florets Date Square OR <b>Turkey Schnitzel</b>  Mashed Potato Italian Mixed Vegetable Mandarin Oranges	<b>BBQ Back Ribs</b> Whipped Potato Buttered Corn Ginger Cake w/ Ice Cream OR <b>Spinach &amp; Cheese Manicotti</b>  Dinner Roll Heritage Blend Salad Stewed Rhubarb	<b>Herb Baked Chicken</b> Roasted Potatoes Green Beans Boston Cream Donut OR <b>Swedish Meatballs</b>  Mashed Potato Mixed Vegetables Homemade Apple Sauce	<b>Liver &amp; Onions</b> Mashed Potatoes Butternut Squash Frozen Yogurt OR <b>Sausage &amp; Peppers</b>  Roasted Potatoes Fall Medley Vegetables Papaya	<b>Brown Sugar Meatloaf</b> Mashed Potato Harvest Vegetables Toffee Pudding Cake OR <b>Roast Pork w/Applesauce</b>  Baked Potato Succotash Blueberries	<b>Cottage Roll</b> Scalloped Potatoes Buttered Brussel Sprouts Apple Brown Betty OR <b>Chicken a la King w/Tea Biscuit</b> Mashed Potatoes Mixed Vegetables Apricots	<b>Roast Veal</b> Mashed Potato Glazed Parsnips Cherry Pie w/Ice Cream OR <b>Honey Baked Ham</b>  Mashed Sweet Potatoes Asparagus Peaches
PM	Fruit Punch	Peach Juice	Cranapple Juice	Pineapple Juice	Peach Juice	Orange Juice	Fruit Punch
	Shortbread Cookie	Digestive Oatbran Cookie	Assorted Cream Cookie	AppleTurnover Cookie	Chocolate Wafer Cookie	Strawberry Turnover Cookie	Bran Crunch Cookie
SUPPER	Beef Barley & Mushroom Butternut Squash <b>Potato Leek Frittata</b>  Pear Slices OR <b>Sliced Ham Sandwich with Sweet Pickles</b>  Mixed Green Salad Caramel Swirl Cake	Cream of Mushroom Country Vegetable <b>Roast Beef Sandwich</b> Winter Slaw Mixed Fruit OR <b>Baked Beans &amp; Wieners</b> <b>Cornmeal Muffin</b>  Vanilla Pudding	Chicken Rice Cream of Asparagus <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Pineapple Tidbits OR <b>Hot Roast Pork Sandwich</b>  Lemon Tart	Chicken Vegetable Cream of Carrot <b>Salmon Pie</b> Green Peas Peach Slices OR <b>Cobb Salad Plate</b>  Focaccia Bread Rice Pudding	Cream of Potato Fall Harvest <b>Chickpea Stew</b> Potato Roll Mango OR <b>Chicken Tenders w/ Plum Sauce &amp; Poutine</b>  Caesar Salad Yogurt w/Berries	Broccoli Cheese Hearty Bean <b>Sloppy Joe on a Bun</b> Tossed Salad Strawberries OR <b>Egg Salad Sandwich</b>  Chocolate Cake	Garden Vegetable Creamy Tomato <b>Chicken Pot Pie w/Gravy</b> Snap Peas Fruit Cocktail OR <b>Pasta Primavera w/ Bread Stick</b>  Butterscotch Sundae Cup
HS	Sliced Apple & Peanut Butter	Blueberry Loaf & Cheese	Frozen Vanilla Cup	Ritz Crackers & Cheese	Graham Biscuit w/Peanut Butter	Cheese Puffs	Strawberry Yogurt
	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%

Prunes, prune juice or Bananas offered at breakfast. Garden salad available at Dinner. Bread, butter, margarine, Cheese, Deli Meat & Boiled Egg available at dinner and supper. Fresh fruit & plain cookies available at PM & HS nourishment pass