

Week 1 – May 22-28, July 3-9, Aug 14-20, Sept 25 – Oct 1, Nov 6-12

*Also available with each meal: bread (whole wheat or white), crackers, beverages.

Beverages include water, milk, tea, coffee, juice. Alternatives lunch- soup or sandwich, supper- meat substitute

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		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	FRUIT	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit
	COLD CEREAL	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted
	HOT CEREAL	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat
	ENTRÉE	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins
L U N C H	SOUP	Grilled cheese and tomato soup	Bacon and Eggs Bread (Soft bacon bits for ground)	Macaroni Salad Cold Cuts Carrot Salad	Quiche Diced Carrots (Make 20 salads)	Cold Cut sandwiches Chips (make 20 salads)	Baked Beans Brown Bread	Hamburger Macaroni Soup
	ENTRÉE							
	Dessert	Fruit	Pears	Peaches	Ice Cream	Pie	Rhubarb	Ice Cream
	Snack	Social Tea	Fruit Newtons	Wafer Cookies	Turnovers	Graham Crackers	Applesauce Cups	Popsicles
S U P P E R	SOUP	Roast Pork Gravy Mashed Potatoes Turnip Applesauce	Parmesan Crusted Salmon Mashed Potatoes Mixed Vegetables Tartar Sauce	Hot Pork Sandwich Mixed Vegetables	Potluck Mashed potatoes Broccoli and Cauliflower Pickle	Chinese Theme Night! Chicken Balls Vegetable Fried Rice Mixed Vegetables Sweet and Sour Sauce	Seafood Salad Coleslaw Potato Salad Tomatoes Cucumbers	Fried Bologna Potatoes Mixed Vegetables Chow
	ENTREE							
	Dessert	Baker's Choice	Baker's Choice	Baker's Choice	Mandarin Oranges	Applesauce	Baker's Choice	Pineapple
	Nght Lch	Crackers with PB	Toast	Cereal	Oatmeal	Yogurt	Pudding	Fruit

Week 2 – May 30-June 4, July 10-16, Aug 21-27, Oct 2-8, Nov 13-19

*Also available with each meal: bread (whole wheat or white), crackers, beverages.

* Beverages include water, milk, tea, coffee, juice. Alternatives lunch- soup or sandwich, supper- meat substitute

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	FRUIT	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit
	COLD CEREAL	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted
	HOT CEREAL	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat
	ENTRÉE	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins
L U N C H	SOUP	Corned Beef Hash	Macaroni and Cheese	Pizza	Homemade BeefSoup Biscuit/cake bread/bread	Lobster roll Chips and Cheesies	Bean and Wieners Bread/cake bread/biscuit	Beef pot pies Mixed Vegetables
	ENTRÉE							
	Dessert	Pineapple	Pears	Fruit Cocktail	Ice Cream	Pie	Jellied Fruit	Ice Cream
	Snack	Arrowroot	Ice Cream	Social Tea	Newtons	Wafer Cookies	Turnovers	Graham Crackers
S U P P E R	SOUP							
	ENTREE	Roasted Chicken Breast Dressing Turnip Mashed potatoes Cranberries	Fish burger in a bun with cheese and tartar sauce Fries	Meatloaf Mashed potatoes Mixed Vegetables Pickles	Toupie Ham Coleslaw Potato Salad Tomatoes Cucumbers	BBQ Ribs Mashed Potatoes Waxed Beans	Fried Haddock Mashed Potatoes Winter Mix Vegetables Coleslaw	Sweet and Sour Pork Rice Mixed Vegetables Pickled Beets
	Dessert	Baker's Choice	Strawberries	Baker's Choice	Rhubarb	Peaches	Baker's Choice	Loaf
	Nght Lch	Applesauce Cups	Popsicles	Crackers with ch whiz	Toast	Cereal	Oatmeal	Yogurt

Week 3 – June 5-11, July 17-23, Aug 28- Sept 3, Oct 9-15

*Also available with each meal: bread (whole wheat or white), crackers, beverages.

Beverages include water, milk, tea, coffee, juice. Alternatives lunch- soup or sandwich, supper- meat substitute

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		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	FRUIT	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit
	COLD CEREAL	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted
	HOT CEREAL	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat
	ENTRÉE	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins
L U N C H	SOUP	Hash Brown Casserole	Pancakes and sausages (Grind sausage for ground)	Hot Dogs Sauerkraut	Taco Casserole	Pulled Pork Sandwiches Chips/Cheezy	Chicken fried rice	Cream of Cauliflower Soup Bread
	ENTRÉE							
	Dessert	Fruit Salad	Strawberries	Pears	Ice Cream	Pie	Blueberries	Ice Cream
	Snack	Crackers with PB	Toast	Cereal	Oatmeal	Yogurt	Pudding	Crackers with Whiz
S U P P E R	SOUP	Steak, Mushrooms, Onions, Gravy Mashed Potatoes Pickled Beets	Cold Salmon Plate Carrot salad Potato Salad Tomato/Cukes	Pork Loaf Mashed Potatoes Green Beans Pickles	Honey Garlic Meatballs Mashed potatoes Sunrise Mixed Vegetables Chow	Shake 'n Bake Chicken Breasts Mashed Potatoes Cranberries	Fish Cakes Mixed Vegetables Tartar Sauce	Bologna Hash Mixed Vegetables Chow
	ENTREE							
	Dessert	Baker's Choice	Baker's Choice	Baker's Choice	Peaches	Mandarin Oranges	Baker's Choice	Applesauce
	Nght Lch	Fruit	Ice Cream	Arrowroot	Social Tea	Fruit Newton	Wafer Cookie	Turnover

Week 4 – June 12-18, July 24-30, Sept 4-10, Oct 16-22

*Also available with each meal: bread (whole wheat or white), crackers, beverages.

Beverages include water, milk, tea, coffee, juice. Alternatives lunch- soup or sandwich, supper- meat substitute

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		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	FRUIT	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit
	COLD CEREAL	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted
	HOT CEREAL	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat
	ENTRÉE	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins
L U N C H	SOUP							
	ENTRÉE	Chicken Pot Pie Mixed Vegetables	Baked Chicken Casserole	Spaghetti	Clam chowder cake bread	Ham Melts Chips/cheezies (Make 20 salads)	Bacon and Eggs Bread (soft bacon bits for ground)	Cheese Omelet Green Beans Bread
	Dessert	Mandarin Oranges	Pears	Mandarin Oranges	Ice Cream	Pie	Peaches	Ice Cream
	Snack	Wafer Cookies	Turnovers	Graham Crackers	Applesauce Cup	Popsicle	Crackers with Ch Whiz	Toast
S U P P E R	SOUP							
	ENTREE	Roast Beef Gravy Mashed Potatoes Carrots Pickles	Salmon Mashed Potatoes Mixed Vegetables Tartar Sauce	Hot Beef Sandwiche Peas and Carrots	Chicken Salad Coleslaw Potato Salad Tomatoes Cucumbers	Hamburger gravy Mashed Potatoes Turnip Pickles	Creamed Codfish Mashed Potatoes Peas Carrots Chow	Cabbage Rolls Mashed Potatoes Mixed Vegetables Pickles
	Dessert	Baker's Choice	Baker's Choice	Baker's Choice	Applesauce	Pineapple	Baker's Choice	Fruit Salad
	Nght Lch	Cereal	Oatmeal	Yogurt	Pudding	Fruit	Ice Cream	Arrowroots

Week 5- June 19-25, July 31-Aug 6, Sept 11-17, Oct 23-29

*Also available with each meal: bread (whole wheat or white), crackers, beverages.

Beverages include water, milk, tea, coffee, juice. Alternatives lunch- soup or sandwich, supper- meat substitute

*

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	FRUIT	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit
	COLD CEREAL	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted
	HOT CEREAL	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat
		Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins
L U N C H	SOUP							
	ENTRÉE	Cold Chicken Burgers Carrot Salad	Grilled Cheese Sandwich Tossed Salad	Macaroni and Cheese	Fish Chowder Cake bread	Seafood Sandwich Plate Chips (Make 20 salads)	Homemade Chicken Soup Biscuit/cake bread/bread	Hamburgers with cheese and tomato slices
	Dessert	Baker's Choice	Baker's Choice	Fruit Cocktail	Ice Cream	Pie	Baker's Choice	Ice Cream
	Snack	Toast	Cereal	Oatmeal	Yogurt	Pudding	Fruit	Cookie
S U P P E R	SOUP							
	ENTREE	Father's Day Lobster Cold Plate Regular Menu Sliced turkey Potato Salad/Coleslaw Tomato and cucumber	Boneless Fish 'Wings' Mashed Potatoes Peas Tartar Sauce	BBQ Chicken Breasts Mashed Potatoes Squash Cranberries	Potluck Roasted potatoes Broccoli and cauliflower	Pork Chops with Tomatoes or Tomato Soup Mashed Potatoes Mixed Vegetables Pickles	Scallops Mashed Potatoes Green Beans Tartar Sauce	Chicken Flings French Fries Italian Vegetable Blend Sweet and Sour Sauce (*take out pork for Tuesday)
	Dessert	Mandarin Oranges	Peaches	Baker's Choice	Rhubarb	Pears	Jello	Pineapple
	night lunch	Arrowroot	Social Tea	Fruit Newton	Wafer cookie	Turnover	Applesauce cup	Popsicle

Week 6 – June 26-July 2, Aug7-13, Sept 18-24, Oct 30-Nov 5

*Also available with each meal: bread (whole wheat or white), crackers, beverages.

* Beverages include water, milk, tea, coffee, juice. Alternatives lunch- soup or sandwich, supper- meat substitute

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	FRUIT	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit	Juice Fresh Fruit
	COLD CEREAL	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted	Assorted
	HOT CEREAL	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat	Oatmeal/Cream Of Wheat
	ENTRÉE	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins	Eggs, Toast / Muffins	Toast / Muffins	Toast / Muffins
L U N C H	SOUP	Broccoli soup Cake Bread/Bread /Biscuit	Pancakes and sausages (Grind sausage for ground)	Sliced cold ham Macaroni Salad	Travel to the Philippines!	Cucumber Sandwiches Tomato Sandwiches Chips	Goulash	Corn Chowder Bread
	ENTRÉE							
	Dessert	Baker's Choice	Pears	Baker's Choice	Ice Cream	Pie	Bananas	Baker's Choice
	Snack	Graham Crackers	Applesauce Cups	Popsicle	Crackers with PB	Toast	Cereal	Oatmeal
S U P P E R	SOUP	Baked Ham Potato Salad Cole Slaw tomato/cuc.	Cod Nuggets Mashed Potatoes Mixed Vegetables Tartar Sauce	Salisbury Steak Mushrooms Onions Gravy Mashed Potatoes Peas/Carrots Pickles	Chicken Shepherd's Pie Cranberries	Sweet and Sour Sausages Mashed Potatoes Mixed Vegetables Pickles	Baked Haddock with Cheese Sauce Mashed Potatoes Broccoli Cauliflower Pickled Beets	Shake n' Bake Chicken Mixed Vegetables Mashed Potatoes Pickle
	ENTREE							
	Dessert	Bananas	Baker's Choice	Peaches	Jello	Strawberries	Baker's Choice	Fruit Cocktail
	Nght Lch	Yogurt	Pudding	Fruit	Ice Cream	Arrowroot	Social Tea	Fruit Newton