

Week Four Menu

Monday 2/13/23	Tuesday 2/14/23	Wednesday 2/15/23	Thursday 2/16/23	Friday 2/17/23	Saturday 2/18/23	Sunday 2/19/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cream of Wheat Assorted Cold Cereals	Cinnamon Oatmeal Assorted Cold Cereals	Cream of Rice Assorted Cold Cereals	Cheese Grits Assorted Cold Cereals	Baked Oatmeal Assorted Cold Cereals	Cream of Wheat Assorted Cold Cereals	Grits Assorted Cold Cereals
Scrambled Eggs	Cheese Eggs	Vegetable scrambled	Cinnamon French Toast	St. Paricks Pancakes	Hard boiled Egg	Blueberry Muffin
Danish Turkey Sausage Applesauce Cranberry Juice Coffee, Tea, Milk	Sausage Link Orange Wedge Apple Juice Coffee, Tea, Milk	Ham Fresh Canteloupe Muffin Orange Juice Coffee, Tea, Milk	Bacon Strips Apple Sauce Apple Juice Coffee, Tea, Milk	Turkey sausage Fresh Grapes Orange Juice Coffee, Tea, Milk	Sausage patty Home Fries Fruit Cranberry Juice Coffee, Tea, Milk	Cottage Cheese Turkey Sausage Chilled Pears Apple Juice Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream of Mushroom Soup	Beef Barley Soup	Chicken Noodle Soup	Vegetable Soup	Baked potato Soup	Broccoli Cheese Soup	Pasta e Fagioli Soup
House Salad	Marinated Tomato Salad	House Salad	Broccoli Cauliflower Salad	House Salad	Corn and Black Bean Salad	Broccoli and Cauliflower Salad
Swedish Meatballs	Ham and Cheese Quiche	Chicken Stir Fry	Cheese Ravioli Marinara	Rueben Sandwich	Grilled Chicken Sandwich	Chicken Tenders
Turkey Cheese Croissant	Beef Hand Pie	Sweet and Sour Pork	Tuna Salad Sandwhich	Stuffed Cabbage	Philly Cheese Steak	Cheeseburger
Grilled Cheese and Toamato (v)	Spanicopita Spinach Pie (V)	Tofu Stir Fry(V)	Cheese Ravioli Marinara (v)	Grilled Cheese and Tomato	Swiss Cheese Croissant (v)	Vegetable Burger (V)
Egg Noodles	Oven Bake Fries	Fluffy Rice	Garlic Knot	Fresh Chips	Curly fries	Tator tots
Glazed Carrots	Peas	Sugar Snap Peas	Italian Green Beans	Mixed Vegetables	Macaroni salad	Steamed Cauliflower
Brownie	Apple Pie Sugar Free	Oranges w/ Whipped Topping	Light and Fit Yogurt Cup	Blueberry Pie	Chocclate Cake	Chilled Apples
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Cream of Mushroom Soup	Beef Barley Soup	Chicken Noodle Soup	Vegetable soup	Baked Potato Soup	Broccoli Cheese Soup	Pasta e Fagioli Soup
Cobb Salad	Caesar Salad	Vegetable Chef Salad	Caesar Salad	Spinach Salad	Greek Salad	Caesar Salad
Italian Sausage with Onions and Peppers	Chicken Pot Pie	Maple Glazed Ham	Beef Brisket	Corned Beef and Cabbage	Pork Ribs	Salmon Steak
Chicken Fricasse	Shepard's Pie	Pepper Steak	Roast Turkey and Gravy	Irish Stew	Saucy Fish	Rotisserie Chicken
Penne and Marinara	Whipped Sweet Potato	Macaroni and Cheese	Au Gratin Potatoes	Parslied Potatoes	Mashed Potatoes	Mediterranean Orzo
Roasted beets	Green Beans Oregano	Collards	Parslied Carrots	Sauteed Spinach	Creamed Corn	Lemon Asparagus
Peas and Mushrooms	Succotash	Broccoli and Cauliflower	Orange Glazed Beets	Corn O'Brien	Lima Beans	Sauteed Mushrooms
Wheat Dinner Roll	Yeast Roll	Wheat Dinner Roll	Yeast Roll	Wheat Dinner Roll	Cornbread	French Bread
Cheesy Baked Penne (v)	Veggie Pot Pie (v)	Veggie Chicken Parmesan (v)	Vegetable Tofu Stir-Fry (v)	Vegetarian Shepards Pie (v)	Shells and Cheese (v)	Broccoli Quiche (v)
Oatmeal Raisin Cookies	Pumpkin Pie	Chocolate Chip Brownie	Butterscotch Pudding	St. Patricks Day Cupcakes	Peach Crisp	Cherry Pie