Weekly Menu 2016 Menu - Week 4 - Diet : Regular/Regular



						68 HICHOLD
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice Stewed Prunes Cream of Wheat w/bran Scrambled Egg Whole Wheat Toast Assorted Jams/Spreads 2% Milk Coffee	Choice of Juice Stewed Prunes Catmeal Poached Egg Whole Wheat Toast Assorted Jams/Spreads 2% Milk Coffee	Choice of Juice Stewed Prunes Cream of Wheat w/bran Scrambled Egg Whole Wheat Toast 2% Milk Coffee	Choice of Juice Stewed Prunes Oatmeal Poached Egg Whole Wheat Toast Assorted Jams/Spreads 2% Milk Coffee	Choice of Juice Stewed Prunes Cream of Wheat w/bran Boiled Egg Whole Wheat Toast Assorted Jams/Spreads 2% Milk Coffee	Choice of Juice Stewed Prunes Oatmeal Scrambled Egg Assorted Jams/Spreads Whole Wheat Toast 2% Milk Coffee	Choice of Juice Stewed Prunes Cream of Wheat w/bran Breakfast Sausage Poached Egg Whole Wheat Toast Assorted Jams/Spreads 2% Milk Coffee
Banana Assorted Cold Cereal	Banana Assorted Cold Cereal	Banana Assorted Cold Cereal Pancakes Pancake Syrup	Banana Assorted Cold Cereal	Banana Assorted Cold Cereal	Banana Assorted Cold Cereal	Banana Assorted Cold Cereal
Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Chicken Noodle Soup Egg. Sandwich Coleslaw Vinaigrette Diced Honeydew 2% Milk	Potato Leek Soup Rotisserie Chicken Potato salad Whole Wheat Dinner Roll Fruit Cocktail 2% Milk	Vegetable Beef Soup Hot Sliced Turkey Sandwich WW Sliced Carrots Apricots 2% Milk	Chef's Choice Soup Sticed Cheese Plate Mixed Melons Whole Wheat Dinner Roll Fruit Salad 2% Milk	Turkey & Rice Soup Chicken Burger On A Bun Lettuce & Tomato Slices Mixed Berries w/Topping 2% Milk	Split Pea Soup Veg & Cheese Omelet Hashbrowns Tomato Parmesan Fruit Cocktail 2% Milk	Tomato Soup Salmon Salad Sandwich Broccoli Salad Mandarin Oranges 2% Milk
Breaded Pollock Baked Potato Wedges Corn Niblets Fruit Whip	Brown Gravy Tourtiere Garden Salad Assorted Cupcake	Cobb Egg Salad Plate Whole Wheat Dinner Roll Chocolate Pudding	Open Faced Hot Pork Sandwich Wax Cut Beans Vanilla Ice Cream	Tuna Salad Sandwich WW Cranberry Coleslaw Chocolate Chip Cookie	Baked Beans & Wieners Tossed Salad Salad Dressing Carrot Cake	Grilled Cheese Sandwich WW Harvard Beets Vanilla Tart
Assorted Drink Assorted Cookle	Assorted Drink Assorted Cookie	Assorted Drink Assorted Cookle	Assorted Drink Assorted Cookie	Assorted Drink Assorted Cookie	Assorted Drink Assorted Cookie	Assorted Drink Assorted Cookle
Oktoberfest Sausage Mini Bliss Potatoes Harvard Beets Diced Pears 2% Milk Penne Alfredo Italian Mixed Vegetable Nanaimo Bar	Italian Meatballs Spaghetti Cut Green Beans Fresh Fruit 2% Milk BBQ Rib Garlic Mashed Potatoes PEI Mixed Vegetable Strawberry Mousse	Salisbury Steak Paprika Roasted Potato Asparagus Mandarin Oranges 2% Milk Stuffed Salmon Boat White Sauce White Rice Stewed Tomato Assorted Mini Danish	Turkey Potato au Gratin Peas & Carrots Applesauce 2% Milk Liver Mashed Potatoes Sauteed Onions Chocolate Silk Truffle Cake	Greek Pork Tenderloin Baked Potato Whole Green Beans Sliced Peaches 2% Milk Spinach and Cheese Cannelloni Garlic Bread Italian Mix Veg	Chicken Vegetable Stir Fry White Rice Green Peas Strawberries 2% Milk Herbed Baked Fish Mashed Potatoes Cali Mixed Vegetable Banana Pudding	Poultry Gravy Roast Turkey Mashed Potatoes Italian Mixed Vegetable Diced Cantaloupe 2% Milk Veal Picata Mint Bliss Potatoes Braised Red Cabbage Pumpkin Pie
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% MHk