## **SUMMER MENU 2022 WEEK 1**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE							
В	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE
R	OATMEAL	CREAM OF WHEAT	CREAM OF RICE	OATMEAL	CREAM OF WHEAT	GRITS	OATMEAL
E	OMELET CHEESE	SCRAMBLED EGG	PANCAKES/ SYRUP	CHEESE BLINTZ	HARD BOILED EGG	FRENCH TOAST	SCRAMBLED EGG
Α	TURKEY SAUSAGE	PORK SAUSAGE	BACON	PEACH SAUCE	TURKEY SAUSAGE	SYRUP	BLUEBERRY MUFFI
K	ENGLISH MUFFIN	MINI DANISH	MARGARINE	MARGARINE	RASPERRY CRUMB	BACON	MARGARINE
F	MARGARINE	MARGARINE			CAKE	MARGARINE	
S			*		MARGARINE		
Т							
	NAVY BEAN SOUP	WINTER SQUASH	BEEF VEGETABLES	BLACK BEAN SOUP	CHICKEN BARLEY	NEW ENGLAND	CREAM OF
	BRAISED BEEF POT	SOUP	CHICKEN CAESAR	STEAK PIZZIAOLA	SOUP	CLAM SOUP	MUSHROOM SOU
L	ROAST	ROSEMARY PORK	SALAD	ROASTED POTATO	BLT PASTA SALAD	CHEESE BURGER ON	SALISBURY STEAK
U	MASHED POTATOES	LOIN	ROLL	PESTO	W/ GRILLED	A BUN W/ LTOP	MASHED POTATO
N	YELOW SQUASH	BAKED SWEET	CHOCOLATE	CAULIFLOWER	CHICKEN	POTATO SALAD	WINTER BLEND
C	CHOCOLATE CREAM	POTATO	PUDDING	SHERBET	PEACH CRISP	ICE CREAM	SUGAR COOKIES
Н	PIE	GREEN BEANS	ALT VEG: CARROTS			Alt VEG: CARROT	
		ASSORTED CAKE					
	PENNE A LA VODKA	CHICKEN PARMESAN	MEATBALLS AND	SWEET AND SOUR	MANDARIN	SHRIMP SCAMPI	JERK CHICKEN
D	W/CHICKEN	BOWTIE PASTA	PENNE	SHRIMP	CHICKEN YELOW	ORZO	PLANTAINS
1	SAUCE	GRILLED ZUCCHINI	CARROTS	WHITE RICE	RICE	CAESAR SALAD	ASPARAGUS
N	GRATED CHEESE	HONEYDEW	WATERMELON	PEAS	BROCCOLI	CANTALOUPE	WATERMELON
N	SPINACH			FRUIT SALAD	HONEYDEW	ALT VEG: GREEN	
Е	SOFT ROLL					BEAN	
R	CANTALOUPE						
	LIVERWURST ON	ROAST BEEF AND	HAM AND SWISS ON	SALAMI &	EGG SALAD ON	TURKEY ON WHITE	SEAFOOD SALAD
S	RYEW/ LETT & TOM	CHEDDAR HOAGIE	RYE W/ LETTUCE,	PROVOLONE ON A	WHOLE WHEAT W/	LETTUCE & TOMATO	A CROISSANT
Ö	MUSTARD	SANDWICH	TOMATO & ONION	POTATO ROLL	LETTUCE		W/LETTUCE
D		HAMBURGER W/	MUSTARD	W/ LETT, TOM &		SPAGHETTI AND	
5	FRIED CHICKEN	LETT, TOM, PICKLE &		ONION	POPCORN SHRIMP	MEATBALLS	HAM & SWISS MI
Α	TENDERS W/ FRIES	ONION	FRIED FISH	BAKED CHICKEN LEG	W/FRIES	TOMATO SAUCE	ON RYE
 I	KETCHUP	FRENCH	SANDWICH	MASHED POTATO	TARTAR SAUCE	GRATED CHEESE	FRENCH FRIES
T		FRIES/KETCHUP	COLE SLAW	VEG OF THE DAY	KETCHUP	VEGETABLE	KETCHUP
•	1		FRIES /KETCHUP		ĺ		1

<sup>\*\*</sup>Available Every Meal: PB&J, Grilled Cheese, American Cheese Sandwich, Cottage Cheese and Fruit Plate. \*\* Milk, coffee, tea & Margarine served at all meals. REV 5/25/22 \*\*All gravies and sauces are low salt. All cold cuts (except Salami & Liverwurst) are low fat and sodium. All salads (chx, egg, tuna) are made with low fat mayo

## **SUMMER MENU 2022 WEEK 2**

DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
В	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE
R	OATMEAL	CREAM OF WHEAT	CREAM OF RICE	OATMEAL	CREAM OF WHEAT	GRITS	OATMEAL
E	BROCCOLI QUICHE	SCRAMBLED EGG	PANCAKES	SCRAMBLE EGG	HARD BOILED EGG	FRENCH TOAST	SCRAMBLED EGG
Α	TURKEY SAUSAGE	PORK SAUSAGE	SYRUP	CHEESE BLINTZ	TURKEY SAUSAGE	SYRUP	BRAN MUFFIN
K	MARGARINE	CINNAMON BUN	BACON	STRAWBERRY SAUCE	PEACH CRUMB CAKE	BACON	MARGARINE
F		MARGARINE	MARGARINE	MARGARINE	MARGARINE	MARGARINE	
S T							
L U N C H	WINTER VEGETABLE SOUP SHEPHERD'S PIE YELLOW SQUASH ASSORTED PIE	SWEET POTATO BISQUE SOUP PESTO PORK LOIN BAKED POTATO GREEN BEANS RICE PUDDING	LENTIL & SPINACH SOUP MEDITERRANEAN PASTA GRILLED CHICKEN SALAD CHOCOLATE PUDDING ALT VEG: GREEN BEANS	POTATO LEEK SOUP RED WINE BRAISED BEEF PARSLEY POTATOES CAULIFLOWER SHERBERT	GREEK CHICKEN SOUP HOT DOG ON A BUN MACARONI SALAD COLE SLAW BLUEBERRY CRISP ALT VEG: GREEN BEANS	MAHATTAN CLAM CHOWDER CHEESE BURGER ON A BUN W/ LTOP FRENCH FRIES ICE CREAM ALT VEG: CARROT	CHICKEN ORZO SOUP PHILLY CHEESE STEAK TATER TOTS WINTER BLEND CHOCOLATE CHIP COOKIES
D	CHICKEN MADEIRA	MAC AND CHEESE	MEATBALL PIZZA	SHRIMP PARMESAN	SLOPPY JOE	SHRIMP NEWBURG	PEKING CHICKEN
1	ZITI	ROASTED BROCCOLI	SIDE SALAD	PENNE	BUN	ORZO	RICE
N	SPINACH	HONEYDEW	WATERMELON	PEAS	BROCCOLI	DICE CARROTS	ASPARAGUS
N	SOFT ROLL		ALT VEG: PEAS	FRUIT SALAD	CANTALOUPE	HONEYDEW	WATERMELON
Е	CANTALOUPE						
R							
S O D	LIVERWURST ON RYEW/ LETT & TOM MUSTARD	ROAST BEEF AND CHEDDAR SANDWICH	HAM AND SWISS ON RYE W/LETTUCE, TOMATO & ONION MUSTARD	SALAMI & PROVOLONE ON A POTATO ROLL W/ LETT, TOM &	EGG SALAD ON WHOLE WHEAT W/ LETTUCE	TURKEY ON WHITE LETTUCE & TOMATO	SEAFOOD SALAD ON A CROISSANT W/LETTUCE
Α	FRIED CHICKEN TENDERS W/ FRIES	HAMBURGER W/ LETT, TOM, PICKLE &	FRIED FISH SANDWICH	ONION BAKED CHICKEN LEG MASHED POTATO	POPCORN SHRIMP W/FRIES	SPAGHETTI AND MEATBALLS TOMATO SAUCE	HAM & SWISS MELT ON RYE
L	KETCHUP	ONION	COLE SLAW	VEG OF THE DAY	TARTAR SAUCE	GRATED CHEESE	FRENCH FRIES
Т		FRENCH FRIES KETCHUP	FRIES /KETCHUP		KETCHUP	VEGETABLE	KETCHUP

<sup>\*\*</sup>Available Every Meal: PB&J, Grilled Cheese, American Cheese Sandwich, Cottage Cheese and Fruit Plate. \*\*Milk, coffee, tea & Margarine served at all meals. REV 5/26/22 \*\*All gravies and sauces are low salt. All cold cuts (except Salami & Liverwurst) are low fat and sodium. All salads (chx, egg, tuna) are made with low fat mayo

## **SUMMER MENU 2022 WEEK 3**

DATE	MONDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S	ORANGE JUICE FRITTATA WESTERN z TURKEY SAUSAGE MARGARINE	ORANGE JUICE CREAM OF WHEAT SCRAMBLED EGGS PORK SAUSAGE PLAIN DONUT MARGARINE	ORANGE JUICE CREAM OF RICE PANCAKES SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL SCRAMBLED EGGS BLUEBERRY BLINTZ MARGARINE	ORANGE JUICE CREAM OF WHEAT HARD BOILED EGG BLUEBERRY CRUMB CAKE TURKEY SAUSAGE MARGARINE	ORANGE JUICE GRITS FRENCH TOAST SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL SCRAMBLED EGG STRAWBERRY CREAM MUFFIN MARGARINE
L U N C H	SPLIT PEA SOUP BRAISED BRISKET CORN BREAD YELOW SQUASH BANANA CREAM PIE	BEEF BARLEY SOUP PULLED PORK ON A BUN TATER TOTS CARROT SLAW ALT: DICED CARROT RICE PUDDING	PASTA FAGIOLI PENNE PASTA SALADW/ ROASTED TOMATOES ZUCCHINE BURATTA CHICKEN CHOCOLATE PUDDING ALT VEG: CARROTS	CORN CHOWDER SOUP BEEF STROGANOFF EGG NOODLES CAULIFLOWER SHERBERT	CHICKEN NOODLE WALDORF TURKEY SALAD GREEN BEAN SALAD TOAST POINTS BERRY CRISP COOKIES	CREAM OF TOMATO CHEESE BURGER ON A BUN W/ LTOP FRENCH FRIES ICE CREAM ALT VEG: CARROTS	CREAM OF BROCCOLI SOUP TURKEY MEATLOAF MASHED POTATOES WINTER BLEND BROWNIE
D I N N E R	ZITI TURKEY BOLOGNESE SPINACH ROLL CANTALOUPE	BEEF A RONI CAESAR SALAD HONEYDEW ALT VEG: PEAS	TURKEY ALA KING ORZO CARROTS WATERMELON	FRIED SHRIMP POTATO SALAD GREEN BEAN SALAD FRUIT SALAD	SWEET AND SOUR CHICKEN W/ FRIED RICE CANTALOUPE ALT VEG: GREEN BEANS	VEAL MARSALA YELLOW RICE PILAF ZUCCHINI HONEYDEW	CARAMEL CHICKEN PLANTAINS ASPARAGUS WATERMELON
S O D A L T	LIVERWURST ON RYEW/ LETT & TOM MUSTARD  FRIED CHICKEN TENDERS W/ FRIES KETCHUP	ROAST BEEF AND CHEDDAR SANDWICH  HAMBURGER W/ LETT, TOM, PICKLE & ONION FRENCH FRIES/KETCHUP	HAM AND SWISS ON RYE W/ LETTUCE, TOMATO & ONION MUSTARD FRIED FISH SANDWICH COLE SLAW FRIES /KETCHUP	SALAMI & PROVOLONE ON POTATO ROLL W/ LETT, TOM & ONION BAKED CHICKEN LEG MASHED POTATO VEG OF THE DAY	EGG SALAD ON WHOLE WHEAT W/ LETTUCE  POPCORN SHRIMP W/FRIES TARTAR SAUCE KETCHUP S	TURKEY ON WHITE LETTUCE & TOMATO  SPAGHETTI AND MEATBALLS TOMATO SAUCE GRATED CHEESE VEGETABLE	SEAFOOD SALAD ON A CROISSANT W/LETTUCE HAM & SWISS MELT ON RYE FRENCH FRIES KETCHUP

<sup>\*\*</sup>Available Every Meal: PB&J, Grilled Cheese, American Cheese Sandwich, Cottage Cheese and Fruit Plate. \*\* Milk, coffee, tea & Margarine served at all meals. REV 5/26/22 \*\*All gravies and sauces are low salt. All cold cuts (except Salami & Liverwurst) are low fat and sodium. All salads (chx, egg, tuna) are made with low fat mayo