

SPRING 2023 MENU - Effective May 8th

	MONDAY		WEDNESDAY		FRIDAY	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
WEEK ONE	Beef Stew Mashed Potatoes Peas & carrots	Macaroni & Cheese Mixed Vegetables Dinner bun	Turkey a la King Rice Mixed Vegetables	Cabbage Rolls Carrots Green Beans	Curry Chicken Rice Broccoli & Carrots	Pork Cutlet w/Gravy Mashed Potatoes Mixed Vegetables
	SOUP: Chicken Noodle		SOUP: Lentil		SOUP: Tomato	
	DESSERT: Chocolate Pudding		DESSERT: Frosted Vanilla Cake		DESSERT: Apple Crumble	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
WEEK TWO	Breaded Haddock Tartar Sauce Potato Wedges Creamy Coleslaw	Penne Pasta w/Herb Tomato Sauce Crusty Bun Italian Vegetables	Salisbury Steak w/Onion Gravy Mashed Potatoes Peas & Carrots	Teriyaki Chicken Rice Asian Vegetables	Roast Pork Loin w/Pan Gravy Roasted Potatoes Cauliflower & Green Beans	Greek Chicken Thighs Roasted Potatoes Broccoli & Carrots
	SOUP: Mushroom		SOUP: Cream of Celery		SOUP: Chicken & Rice	
	DESSERT: Date Square		DESSERT: Blueberry Shortcake		DESSERT: Chocolate Brownie	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
WEEK THREE	Baked Ham Scalloped Potatoes Green Peas & Squash	Spaghetti Bolognese Crusty Bun Italian Vegetables	Spanish Pork Stew Mashed Potatoes Rutabagas & Green Beans	Swedish Meatballs Egg Noodles Mixed Vegetables	Chicken & Broccoli Casserole Rice Mixed Vegetables	Ham & Cheese Quiche Hashbrown Potatoes Mixed Green Salad
	SOUP: Beef Barley		SOUP: Onion		SOUP: Cream of Broccoli	
	DESSERT: Pina Colada Pudding		DESSERT: Rice Pudding		DESSERT: Carrot Cake	

See over for more menu -->

	MONDAY		WEDNESDAY		FRIDAY	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
WEEK FOUR	Bangers w/Onion Gravy Mashed Potatoes Peas & Carrots	Breaded Cod w/Tartar Sauce Potato Wedges Coleslaw	Shepherd's Pie Mixed Vegetables	Pork Chop w/Mushroom Sauce Mashed Potatoes Broccoli & Carrots	Chicken a la King Egg Noodles Mixed Vegetables	Sweet & Sour Pineapple Pork Rice Asian Vegetables
	SOUP: Turkey Noodle		SOUP: Carrot Ginger		SOUP: Wonton	
	DESSERT: Banana Pudding		DESSERT: English Custard w/Rhubarb		DESSERT: Mandarin Orange Cake	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
WEEK FIVE	Curried Beef Rice Mixed Vegetables	Bacon & Cheddar Frittata Hashbrown Potatoes Mixed Green Salad	Meatloaf w/Gravy Mashed Potatoes Broccoli & Carrots	Herb Roasted Chicken Thighs Roasted Potatoes Mixed Vegetables	Roast Beef w/Pan Gravy Mashed Potatoes Carrots & Green Beans	Stuffed Peppers Mashed Potatoes Mixed Vegetables
	SOUP: Navy Bean		SOUP: Cream of Cauliflower		SOUP: Split Pea	
	DESSERT: Triple Berry Crumble		DESSERT: Frosted Chocolate Cake		DESSERT: Key Lime Cheesecake	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
WEEK SIX	Chicken Cutlet w/Mushroom Sauce Mashed Potatoes Mixed Vegetables	Tortellini Alfredo Crusty Bun Italian Vegetables	Pork Stroganoff Egg Noodles Broccoli & Wax Beans	London Broil Potato Wedges Carrots & Green Beans	Almond Baked Chicken w/Plum Sauce Rice Asian Vegetables	Turkey Tetrazzini Rice Mixed Vegetables
	SOUP: Cream of Leek		SOUP: Chicken Barley		SOUP: Corn Chowder	
	DESSERT: Coconut Pudding		DESSERT: Black Forest Cake		DESSERT: Vanilla Caramel Swirlcake	