

FALL 2023 MENU - Effective Oct. 23rd

Please note that this menu will be repeated until a Winter Menu is issued

Week 1	MONDAY		WEDNESDAY		FRIDAY	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
	Roast Pork Stuffing Mashed Potatoes Squash & Green Beans	Butter Chicken Rice Cauliflower & Broccoli	Turkish Paprikash Egg Noodles Turnips & Peas	Red Snapper w/Lemon Butter Dill Sauce Mashed Potatoes Mixed Vegetables	Coq Au Vin Rice Carrots & Green Beans	Beef & Bean Chili Corn Bread Green Salad
	SOUP: Tomato		SOUP: Vegetable w/ Roasted Garlic		SOUP: Pea	
	DESSERT: Chocolate Pudding		DESSERT: Iced Banana Cake		DESSERT: Trifle Cake	

Week 2	MONDAY		WEDNESDAY		FRIDAY	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
	Turkey Mashed Potatoes Carrots & Broccoli	Mongolian Beef Rice Peas & Red Peppers	Meatloaf Roasted Red Potatoes Broccoli & Squash	Bangers w/Onion Gravy Mashed Potatoes Mixed Vegetables	Chicken a L'Orange Rice Stir fried Vegetables	Pulled Pork w/Sweet & Sour Sauce Bun Coleslaw
	SOUP: Silky Zucchini		SOUP: Cauliflower		SOUP: Greek Bean	
	DESSERT: Vanilla Pudding		DESSERT: Fruit Ambrosia		DESSERT: Lemon Loaf w/ Icing	

Week 3	MONDAY		WEDNESDAY		FRIDAY	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
	Roast Beef Mashed Potatoes Carrots & Peas	Pork Tourtiere Corn Green Salad	Beef Stroganoff Egg Noodles Mixed Vegetables	Chicken Supreme Roasted Potatoes Carrots & Peas	Baked Chicken w/ Chalet Sauce Roasted Potatoes Creamed Corn & Herbed Zucchini	Beef & Sausage Noodle Casserole Green Beans & Turnips
	SOUP: Winter Chicken		SOUP: Sweet Potato & Apple		SOUP: Harvest Pumpkin	
	DESSERT: Butterscotch Pudding		DESSERT: Brownie		DESSERT: Apple Rhubarb Crisp	

Week 4	MONDAY		WEDNESDAY		FRIDAY	
	MEAL A	MEAL B	MEAL A	MEAL B	MEAL A	MEAL B
	Baked Ham Scalloped Potatoes Brussel Sprouts & Turnips	Chicken Parmesan Roasted Potatoes Green Salad	Shepard's Pie Zucchini & Carrots	Miso Marinated Pork Rice Asian Vegetables	Stuffed Sole w/Creamy Dill Sauce Rice Carrots & Green Beans	Chicken Picatta Quinoa Cauliflower & Zucchini
	SOUP: Harvest Vegetable		SOUP: Potato		SOUP: Carrot Ginger	
	DESSERT: Vanilla Pudding		DESSERT: Carrot Cake		DESSERT: Fruit w/ Bavarian Cream	