

FALL 2022 SAMPLE MENU

	MONDAY	OPTION 2	WEDNESDAY	OPTION TWO	FRIDAY	OPTION TWO
WEEK ONE	Spanish Pork Stew Mashed Potatoes Peas and Carrots Chicken noodle soup Chocolate Mousse	Three Cheese Tortellini Alfredo Italian veg. Dinner bun	Turkey a la King Sunrise Vegetable Medley Lentil soup Pineapple Upside Down Cake	Stuffed Peppers Carrots Green beans	Butter Curry Chicken Thighs Basmati Rice Mixed Vegetables Roasted Squash Soup Chef dessert	Breaded pork Cutlet Hash Brown Potatoes Sunrise Vegetable mix
WEEK TWO	Crusty Atlantic Haddock with Tartar Sauce & lemon Potato wedges Peas & Carrots Creamy Coleslaw Lodge Matrimonial Square	Chicken Breast Teriyaki Asian mixed Vegetables Steamed rice	Spaghetti in a tomato Sauce Vegetable Medley Crusty bun Mushroom soup Blueberry shortcake	London Broil Mushroom gravy Mixed green salad Ranch Dressing Dinner Bun	Granny Smith Apple & Sundried Cranberry Stuffed Pork Loin Gravy, Roast Potatoes Cauliflower, beans Cream of Leek Soup Tiger Brownies	Lemon Thyme Roasted Chicken Thighs Pan gravy potatoes Mixed Vegetables
WEEK THREE	Roasted Honey Ham Marmalade Glaze Roast Potatoes Carrots & Squash Chicken & Orzo Soup Choc. Mousse	Southern Baked Chicken Ranch Dipping Sauce Green Salad Dinner Bun	Greek Meatballs On rice green beans Dinner bun Apple Crumble	Pork Bites with Orange Ginger Plum Sauce, Chinese Vegetables & Noodles	Chicken Thighs Cacciatore Italian mixed veg Rice Pilaf Double Chocolate Cake	Bacon & Leek Frittata Green Salad Hash Brown Potatoes
WEEK FOUR	Baked Cod Fish Dill Sauce Mixed Veggies Mashed potatoes Broccoli soup lemon Pudding	English Bangers Gravy Mash. potatoes Peas & Carrots	Shepherd's Pie vegetables English custard & Rhubarb Winter Chicken & barley Soup	Chinese Orange Chicken, rice Oriental veggies Lemon Meringue Square	Chicken Alfredo Sauce On Noodles Broccoli & carrots Strawberry Shortcake Beef Noodle soup	Strombolian Goulash Mixed Veggies Mashed potato
WEEK FIVE	Roast Pork Loin Scalloped potatoes Butternut Squash Brussels Sprouts Cream of Spinach Soup Pumpkin Spice Square	Cranberry Orange Chicken Breast Rice Pilaf Vegetable Medley	Beef Stew Carrots Rutabagas Mashed potatoes Cream of Leek Soup Triple berry Crumble	Bratwurst & sauerkraut Mixed veggies Home fried potatoes	Salisbury Steak Onion Gravy Sunrise Vegetable Medley Mashed Potatoes Mulligatawny Soup English Custard Stewed Rhubarb	Fish n' Chips with Atlantic Haddock Creamy Cole Slaw Tartar Sauce
WEEK SIX	Roast Chicken Breast, Pan Gravy Cranberry Sauce Vegetable medley Cream of Cauliflower Soup Mashed Potatoes Butter tart Square	Ravioli Bolognese Green Salad Dinner bun	Madras Curry Beef Broccoli Carrots Basmati Rice Green Lentil Soup Coconut Pudding	Breaded Chicken Cutlet Parmesan Tomato Sauce Italian vegetable Medley Orzo Pasta	Savory Meat Loaf With Gravy Green beans Kernel corn Roast potato & White Bean Soup Coffee Cake	Panko baked Chicken Drumsticks Orange ginger Dipping Sc. Rice Asian veggies