

SUMMER MENU 2022 WEEK 1

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

****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
B R E A K F S T	ORANGE JUICE OATMEAL BROCCOLI QUICHE TURKEY SAUSAGE MARGARINE	ORANGE JUICE CREAM OF WHEAT SCRAMBLED EGG PORK SAUSAGE CINNAMON BUN MARGARINE	ORANGE JUICE CREAM OF RICE PANCAKES SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL SCRAMBLE EGG CHEESE BLINTZ STRAWBERRY SAUCE MARGARINE	ORANGE JUICE CREAM OF WHEAT HARD BOILED EGG TURKEY SAUSAGE PEACH CRUMB CAKE MARGARINE	ORANGE JUICE GRITS FRENCH TOAST SYRUP BACON MARGARINE	ORANGE JUICE OATMEAL SCRAMBLED EGG BRAN MUFFIN MARGARINE
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 I N N E R	CHICKEN MADEIRA ZITI SPINACH SOFT ROLL CANTALOUPE	MAC AND CHEESE ROASTED BROCCOLI HONEYDEW	MEATBALL PIZZA SIDE SALAD WATERMELON ALT VEG: PEAS	SHRIMP PARMESAN PENNE PEAS FRUIT SALAD	SLOPPY JOE BUN BROCCOLI CANTALOUPE	SHRIMP NEWBURG ORZO DICE CARROTS HONEYDEW	PEKING CHICKEN RICE ASPARAGUS WATERMELON
S O D A L L	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	<i>HAM AND SWISS ON RYE W/ LETTUCE, TOMATO & ONION MUSTARD</i> FRIED FISH SANDWICH COLE SLAW FRIES /KETCHUP	SALAMI & PROVOLONE ON A POTATO ROLL W/ LETT, TOM & ONION BAKED CHICKEN LEG MASHED POTATO VEG OF THE DAY	EGG SALAD ON WHOLE WHEAT W/ LETTUCE <i>POPCORN SHRIMP W/FRIES TARTAR SAUCE KETCHUP</i>	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

****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 T	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 YELLOW 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	<i>HAM AND SWISS ON RYE W/ LETTUCE, TOMATO & ONION MUSTARD</i> 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 <i>POPCORN SHRIMP W/FRIES TARTAR SAUCE KETCHUP S</i>	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

****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**