

## SEPTEMBER 13<sup>TH</sup> – SEPTEMBER 26<sup>TH</sup>

NAME	CIRCLE PORTION SIZE: FULL      HALF					
SUN SEPT 13TH	MON 14TH	TUE 15TH	WED 16TH	THURS 17TH	FRI 18TH	SAT SEPT 19TH
<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
HAM & CHEDDAR OMELETTE W/ TOAST	SALMON SALAD SANDWICH	COLD TURKEY & SWISS SANDWICH	CRUNCHY CHICKEN CAESAR WRAP	BEEF DIP W/ ONION RINGS	FISH & CHIPS W/ COLESLAW	FRUIT SALAD W/ COTTAGE CHEESE
EGG SALAD CROISSANT	SWISS MUSHROOM BURGER W/ FRIES	HOT CORNED BEEF ON RYE	QUICHE LORRAINE W/ SPRING GREENS	AVOCADO SHRIMP SALAD	EGG SALAD CROISSANT	EGG SALAD CROISSANT
EGG SALAD CROISSANT	EGG SALAD CROISSANT	EGG SALAD CROISSANT	EGG SALAD CROISSANT	EGG SALAD CROISSANT	EGG SALAD CROISSANT	EGG SALAD CROISSANT
<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>
BROCCOLI ALMOND <u>YES OR NO</u>	CAESAR <u>YES OR NO</u>	TOMATO & RED ONION <u>YES OR NO</u>	MIXED BEAN <u>YES OR NO</u>	CREAMY CAULIFLOWER <u>YES OR NO</u>	CALIFORNIA SPRING SALAD <u>YES OR NO</u>	CARROT & RAISIN <u>YES OR NO</u>
ROAST PORK W/ APPLE SAUCE POT, VEGES	SHRIMP & PRAWN CURRY W/ RICE & VEGES	LIVER & ONIONS W/ POT & VEGES	TURKEY MEATLOAF W/ GRAVY	SIRLOIN STEAK W/ SAUTEED MUSHROOMS	CHICKEN CORDON BLEU CASSEROLE W/ VEGES	BEEF BOURGUIGNON
SWISS STEAK W/ POT & VEGES	ROAST LAMB W/ POT & VEGES	LINGUINI ALFREDO W/ CHICKEN & ASPARAGUS W/ GARLIC TOAST	STUFFED SOLE W/ POT & VEGES	TWICE BAKED POT & VEGES	HONEY GINGER GRILLED SALMON	CHICKEN BREAST NEPTUNE
SWISS STEAK W/ POT & VEGES	SWISS STEAK W/ POT & VEGES	SWISS STEAK W/ POT & VEGES	SWISS STEAK W/ POT & VEGES	SWISS STEAK W/ POT & VEGES	SWISS STEAK W/ POT & VEGES	SWISS STEAK W/ POT & VEGES
						WEEK 3

# SEPTEMBER 13<sup>TH</sup> – SEPTEMBER 26<sup>TH</sup>

NAME: \_\_\_\_\_

CIRCLE PORTION SIZE: **FULL**    **HALF**

SUN SEPT 20TH	MON 21ST	TUE 22ND	WED 23RD	THURS 24TH	FRI 25TH	SAT SEPT 26TH
<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u> <u>PIZZA PARTY</u>
WAFFLES W/ FRUIT & CREAM	CHICKEN WALDORF SALAD W/ DINNER ROLL	TUNA SALAD STUFFED TOMATO	CHICKEN TACO SALAD	STUFFED YORKIES W/GRAVY & VEGES	SALMON FISH CAKES W/TOSSED GREENS	MEAT LOVERS  OR VEGGIE W/ FETA W/SPRING GREENS
FRENCH LEEK PIE W/ SPRING GREENS	SMOKED TURKEY & TOMATO SANDWICH	BEANS ON TOAST	GRILLED BACON & SWISS SANDWICH	SOUTH WESTERN COBB SALAD	TOASTED BACON, LETTUCE & TOMATO	
SHRIMP CAESAR	SHRIMP CAESAR	SHRIMP CAESAR	SHRIMP CAESAR	SHRIMP CAESAR	SHRIMP CAESAR	SHRIMP CAESAR
<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>	<u>DINNER SALAD</u>
MARINATED VEGGIE <u>YES OR NO</u>	WATERMELON, CUCUMBER & FETA <u>YES OR NO</u>	COLESLAW <u>YES OR NO</u>	BEET & APPLE <u>YES OR NO</u>	TOMATO & RED ONION <u>YES OR NO</u>	BROCCOLI SALAD <u>YES OR NO</u>	TOSSED GREENS <u>YES OR NO</u>
ROAST TURKEY W/STUFFING, GRAVY, POT & VEGES	SPAGHETTI W/ MEAT SAUCE & GARLIC TOAST	ASIAN CHICKEN THIGHS W/ POT & VEGES	HOME MADE CABBAGE ROLLS W/PEROGIES	BEEF PEPPERSTEAK STIR FRY OVER RICE	CHICKEN ALA GREQUE W/ MARINARA SAUCE	CORN BEEF W/ CABBAGE
	VEAL PICCATA W/ POT & VEGES	SWEET & SOUR PORK W/ VEGGIE CHOW MEIN	TURKEY POT PIE W/ VEGES	CHICKEN & MUSHROOM STRUDEL	FISHERMAN PIE W/ VEGES	CHICKEN BREAST PARMAGIANA W/ POT & VEGES
PORK SCHNITZEL W/ HUNTER SAUCE	PORK SCHNITZEL W/ HUNTER SAUCE	PORK SCHNITZEL W/ HUNTER SAUCE	PORK SCHNITZEL W/ HUNTER SAUCE	PORK SCHNITZEL W/ HUNTER SAUCE	PORK SCHNITZEL W/ HUNTER SAUCE	PORK SCHNITZEL W/ HUNTER SAUCE
						WEEK 4