

SPRING/SUMMER MENU 2022

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal
Lunch	Parmesan Crusted Chicken Herbed Rice Roasted Roma Tomatoes	Burger Bar French Fries Cole Slaw	Seasoned Baked Fish Sour Cream Potatoes Spinach Baked Roll	Pulled Pork on a Wheat Bun French Fries Broccoli Slaw Grilled Pineapple	Meatloaf Seasoned Red Potatoes Normandy Blend Roll	Chicken & Dumplings Glazed Carrots Cornbread	Rosemary Roast Turkey Homemade Stuffing Roasted Broccoli Roll
Dinner	Tossed Salad Spinach/Cheese Ravioli Italian Bread Steamed Broccoli	Tossed Salad BBQ Chicken Baked Beans Grilled Pineapple Wheat Roll	Soup Du Jour (Minestrone) Chicken Piccata Roasted Brussel Mashed Potatoes with Gravy	Tossed Salad Tuna Noodle Casserole Lemon Butter Broccoli	Soup Du Jour (Tortilla) Tacos Yellow Rice Black Beans	Tossed Salad Honey Almond Chicken White Rice Broccoli	Tossed Salad Mini Pesto Pizza Pan Breadstick Fruit Salad

Dietitian Approval _____

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Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal
Lunch	Pulled Pork Sliders Mashed Potatoes Coleslaw	Grilled Chicken Oriental Vegetables Lo Mein / Rice Noodles Egg Roll	Citrus Glazed Beef Spinach Strawberry Salad Orzo	Baked Potato Bar Tossed Salad Garlic Bread	Turkey Meatloaf Garlic Mash Pot Seasoned Peas	Oven-Fried Chicken Sweet Potato Wedges Green Beans	Turkey A La King Butternut Squash Soup Seasoned Peas
Dinner	Tossed Salad Tuna Melt Chips Tomato and Cucumber Salad	Tossed Salad Meatballs w/ Gravy over Rice Sweet Peas Roll	Tossed Salad Shepard's Pie Salad Roll	Tossed Salad BBQ Pork on Bun Cole Slaw Baked Beans	Tossed Salad Lemon Herb Chicken Roasted Veg + Orzo Sugar Snap Peas	Tossed Salad Catch of the Day Brown Rice Winter Blend Veg	Car/Raisin Salad Pesto Chicken Summer Squash/Zucchini Garl Mash Potato

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Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal
Lunch	Chicken Fried Steak Mashed Potatoes With Gravy Lima Beans	Baked Fish Cole Slaw Hush Puppies Squash and Zucchini Medley	Sliced Pork Green Beans Yams Roll	Turkey Philly Cheese Steak French Fries	Sliced Turkey Mashed Potatoes and Gravy Normandy Blend Roll	Shrimp/Chicken Po Boy Corn Hush Puppies	BBQ Pork Sndwc Sweet Potatoes Baked Beans Roll
Dinner	Tossed Salad Peach Pork Loin Wild Rice Succotash Steamed Zucchini	Tossed Salad Chili Baked Potato Cornbread	Spinach Strawberry Salad Lemon Herb Chicken Rice Pilaf Carrots Roll	Caesar Salad Pan Seared Beef Roast Asparagus Basmati Rice Fresh Cantaloupe	Tossed Salad Blackened Chicken Red Beans / Rice Lemon-Glazed Carrots	Tossed Salad Chicken Alfredo Roasted Veggies Garlic Bread	Tossed Salad Beef Stew over Brown Rice Green Bean Almondine Roll

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Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Eggs Any Style Breakfast Meat Wheat Toast Fresh Fruit Choice of Cereal	Choice of Cereal Eggs Any Style Bacon Grits Fresh Fruit / Juice	Eggs Any Style Sausage Pancakes & Syrup Fresh Fruit / Juice	Eggs Any Style Bacon French Wheat Toast & Syrup Fresh Fruit / Juice
Lunch	Chicken & Yellow Rice Sweet Peas Cornbread	Shrimp & Grits Hush Puppies Cole Slaw	Chicken Salad on Croissant Pickles Fresh Fruit	Turkey Chili Loaded Baked Potato Cornbread	Beef Stroganoff over Noodles Broccoli Spears	Turkey Sandwich Pickle Spear Baked Chips Cuc/Tom Salad	Chicken Pot Pie Roasted Asparagus Potato Roll Cinnamon Apples
Dinner	Tortilla Soup Enchiladas Spanish Rice Black Beans	Tomato/Cuc Salad Meatloaf Garlic Mashed Potatoes Seasoned Peas	Caesar Salad Braised Beef Brisket Potato Pancakes Green Beans Almondine	Seafood Gumbo Crab Cakes Red Potatoes Corn Texas Toast	Tossed Salad Sliced Pork Cole Slaw Baked Beans Garlic Bread	Caesar Salad Grilled Chicken Summer Squash Baked Potato	Tossed Salad Roasted Turkey Brussel Sprouts Mac/Cheese

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