

TM Spring/Summer 2023 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Cream of Wheat	Oatmeal	Oatmeal	Cream of Wheat	Oatmeal	Oatmeal	Cream of Wheat
Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Blueberry Muffin	Bacon	Whole Wheat Toast	Buttered Raisin Toast
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter
			Whole Wheat Toast	Peanut Butter		Whole Wheat Toast
LUNCH						
Herb Baked Chicken Thigh	Beef & Cabbage Casserole	Roast Turkey Gravy & Cranberry Sauce	Shepherds Pie	Chicken Fingers with Plum Sauce	Spaghetti & Meat Sauce	Roast Beef
Rice Pilaf	Cauliflower	Mashed Potatoes	Wax Beans	Fluffy Rice	Broccoli Florets	Mashed Potatoes
Sunrise Vegetables	Frosted Spiced Cake	Buttered Brussels Sprouts	Beef Gravy	Asian Stir Fry Vegetables	Butter Tart	Apple Glazed Turnips
Frosted Eclair	Apple Maple Pork Chop	Poultry Gravy	Lemon Buttermilk Cake	Date Square	Turkey Pot Pie	Beef Gravy
Crunchy Baked Cod	Mashed Potatoes	Cherries in Snow	Chicken Vegetable Stew	Weiners & Beans	Peas & Pearl Onions	Horseradish
Mashed Potatoes	Diced Squash	Battered Pollock	Whipped Potatoes	Buttered WW Bread	Poultry Gravy	Apple Crisp
Steamed Asparagus Spears	Brown Gravy	Baked Potato	Steamed Asparagus	Caesar Salad	Mandarin Oranges	Roasted Vegetable Lasagna
Brown Gravy	Apricot Halves	Parsley Carrots	Strawberries	Blushing Pears		Sliced Carrots
Tartar Sauce		Tartar Sauce				Diced Fresh Melon
Mandarin Oranges		Sour Cream				
		Chilled Diced Peaches				
DINNER						
Cream of Celery Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Unsalted Crackers	Tomato Soup	Garden Vegetable Soup	Cream of Broccoli Soup	Creamy Potato Soup	Minestrone Soup	German Ham & Veg Soup
Sliced Turkey on Wheat	Tuna Salad Sndw on WW	Chicken Salad Sndw on WW	Egg Salad Sndw on Wheat	Cheddar/Tom/Onion/Mayo on Rye	Shaved Ham on Bun	Salmon Salad
Marinated 4 Bean Salad	Mixed Green Italian Salad	Cucumber Slices	Mediterranean Salad	Coleslaw	Mixed Greens w/Berry Vinaigrette	Whole Wheat Roll
Mayonnaise	Gelatin Medley	Tangerine Mousse	Ice Cream	Whipped Raspberry Gelatin	Chocolate Mousse	Cucumber Slices
Tapioca Pudding	Spinach & Cheese Cannelloni	Ratatouille & Macaroni Casserole	Cheesy Sausage in a Blanket	Cod Nuggets	Vegetable Chili	Butterscotch Pudding
Ham & Potato Casserole	Montego Vegetables	Paradisio Vegetables	Sauteed Zucchini	Baked Potato Wedges	Italian Green Beans	Chicken Burger on WW Bun
Corn Niblets	Fruit Compote	Mixed Berries	Mustard	Diced Squash	Whole Wheat Roll	Calico Corn
Chilled Diced Peaches			Crushed Pineapple	Tartar Sauce	Margarine	Mayonnaise
				Hot Spiced Apples	Chilled Tropical Fruit	Tomato Slices & Lettuce
						Apricot Halves

**TM Spring/Summer 2023 - Week
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Cream of Wheat	Oatmeal	Cream of Wheat	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon	Whole Wheat Toast	Raisin Toast	Fruit Extreme Muffin
Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	Peanut Butter
			Peanut Butter		Whole Wheat Toast	Whole Wheat Toast

LUNCH

Cabbage Rolls	Battered English Style Pollock	Lemon Herb Chicken Breast	Baked Ham	Baked Chicken with Chalet Sauce	Honey Garlic Meatballs w/Veg	Roast Turkey
Prince Edward Vegetables	Crispy Potato Cubes	Sour Cream	Roasted Baby Potatoes	Chive Whipped Potatoes	Mashed Potatoes	Mashed Potatoes
Very Berry Mousse	Coleslaw	Baked Potato	Green Beans	Julienne Parsley Carrots	Stir Fried Peppers & Onions	Mexican Mixed Vegetables
Turkey Schnitzel	Ice Cream	Sunrise Vegetables	Frosted Banana Cake	Strawberry Ice Cream Cup	Margarine	Cranberry Sauce
Mashed Potatoes	Ravioli w/Rose Sauce	Peach Crisp	Braised Beef & Vegetable Stew	Veal Parmesan	Frosted Chocolate Cake	Poultry Gravy
Diced Beets	Italian Mixed Vegetables	Baked Cod	Mashed Potatoes	Buttered Spaghetti	Macaroni & Cheese	Banana Cream Pie Slice
Poultry Gravy	Strawberries	Mashed Potatoes	Butternut Squash	Mediterranean Salad	Sauteed Zucchini	Veggie Burger on WW Bun
Fresh Watermelon		Green Peas	Beef Gravy	Applesauce	Fruit Compote	Wax Beans
		Chilled Diced Pears	Mixed Berries			Tomato Slices & Lettuce
						Chilled Apple Slices

DINNER

Unsalted Crackers	Unsalted Crackers	Italian Wedding Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Creamy Carrot Dill Soup	Cream of Mushroom Soup	Unsalted Crackers	Vegetable Soup	Borscht	Cream of Broccoli Soup	Minestrone Soup
Potato Leek Quiche	Egg Salad	Pastrami Sndw on Wheat	Hot Turkey Sndw on WW w/Gravy	Hot Dog on White Bun	Pepperoni Pizza	Shaved Beef Sndw on Wheat
Baked Tomato au Gratin	Whole Wheat Roll	Tossed Garden Salad	Pearl Harvest Vegetables	Tossed Salad	Caesar Salad	Creamy Cucumber Salad
Mini Cupcake	Carrot Apple Salad	Mini Lemon Tart	Rainbow Sherbet	Coconut Cream Pudding	Vanilla Mousse	Creamy Horseradish Sauce
Salami on Wheat	Rice Pudding	Vegetarian Chili	Salmon Salad Plate	Liver & Onions	Sweet & Sour Pork	Cherries in Snow
Mixed Green Salad	Beef Burger on WW Bun	Cauliflower	Whole Wheat Roll	Mashed Potatoes	Fluffy Rice	LS Chicken & Noodles
Chilled Diced Pears	Lettuce/Tomato/Onion	Buttered WW Bread	Pickled Beets	Stewed Tomatoes	Orange Glazed Parsnips	Asian Stir Fry Vegetables
	Potato Salad	Chilled Tropical Fruit	Margarine	Beef Gravy	Chilled Apricots	Summer Fruit Salad
	Sauteed Zucchini		Diced Fresh Melon	Mango		
	Rosy Applesauce					

**TM Spring/Summer 2023 - Week
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cream of Wheat	Oatmeal	Oatmeal
Hard Boiled Egg	Scrambled Eggs	Poached Egg	Morning Glory Muffin	Scrambled Eggs	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Hard Boiled Egg	Bacon	Whole Wheat Toast	Raisin Bread
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter
			Whole Wheat Toast	Peanut Butter		Whole Wheat Toast
LUNCH						
Krunchie Perch	German Style Rostbraten	Glazed Ham	Beef Shepherd's Pie	Crispy Honey Garlic Chicken	Meatloaf	Pork Roast
Herb Roasted Potatoes	Mashed Potatoes	Mashed Potatoes	Seasoned French Green Beans	Rice Pilaf	Mashed Potatoes	Mashed Potatoes
Green Peas	Harvard Beets	Buttered Brussels Sprouts	Lemon Meringue Pie	Chuckwagon Corn	Cauliflower with Cheese Sauce	Lemon Herb Zucchini
Tartar Sauce	Beef Gravy	Pork Gravy	Cheese Tortellini & Marinara	Frosted Orange Cake	G-F Beef Gravy	Brown Gravy
Lemon Poppy Seed Loaf	Vanilla Caramel Cake	Mini Buttertart	Zucchini Medley	Baked Veal Cutlet	Brownie	Cherry Crisp
Meat Buns	Kidney Bean & Vegetable Stew	Tuna Noodle Casserole	Hot Spiced Apples	Mashed Potatoes	Fish 'n Chips	Asian Chicken Stir Fry
Whipped Potatoes	Tea Biscuit	Pick of the Day Vegetable Blend		Steamed Broccoli	Creamy Coleslaw	Vegetable Fried Rice
Niagara Mix Vegetables	Fall Medley Vegetables	Chilled Diced Peaches		Beef Gravy	Tartar Sauce	Thai Stir Fry Vegetables
Mandarin Oranges	Apricot Halves			Mango	Strawberries	Applesauce
DINNER						
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Creamy Tomato Soup	Cream of Mushroom Soup	Garden Vegetable Soup	Borscht	Cream of Celery Soup	Chicken Noodle Soup	Vegetable Soup
Grilled Cheese on Wheat	Sliced Chicken Sndw on WW	Sliced Turkey on Wheat	Cheddar & Swiss Plate	Macaroni & Cheese	Turkey & Cranberry Salad	Corned Beef on Rye
TM California Salad	Copper Penny Salad	Mediterranean Salad	Rollkuchen	Stewed Tomatoes	Wheat Roll	Carrot Raisin Salad
Ice Cream	Tiramisu Mousse	Orange Tapioca Pudding	Fresh Watermelon	Cherry Gelatin	Macaroni Salad	Chocolate Mousse
French Toast	Pulled Pork	Oriental Beef	Ice Cream	Bratwurst on Bun	Butterscotch Pudding	Potato & Cheese Perogies
Sausage Patty	Mashed Potatoes	Fluffy Rice	Captain Burger on WW Bun	Caesar Salad	Egg Salad Sndw on Wheat	California Vegetables
Strawberries	Winter Vegetables	Asian Stir Fry Vegetables	Cucumber Slices	Sauerkraut	Four Bean Salad	Sour Cream
Syrup	Barbecue Sauce	Chilled Diced Pears	Tartar Sauce	Chilled Tropical Fruit	Chilled Apricots	Chilled Diced Pears
Fresh Fruit Salad	Pork Gravy		Crushed Pineapple			
	Stewed Rhubarb LoCal					