



January 9 - January 15, 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DONUT FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST MINI MUFFIN FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST KRINGLE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST COFFEE CAKE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST MINI MUFFIN FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY
L U N C H	CHICKEN CORDON BLEU MASHED POTATOES GRAVY BROC. NORMANDY VEG. PIE <u>ALTERNATE ITEMS:</u> MEATBALLS/GRAVY WAX BEANS ANYTIME MENU OPTION	SWEET & SOUR PORK RICE PILAF MIXED VEGETABLES LEMON BARS <u>ALTERNATE ITEMS:</u> BAKED COD BEETS ANYTIME MENU OPTION	*HM BEEF STROGANOFF BUTTERED NOODLES SUNSHINE CARROTS POUND CAKE WITH STRAWBERRIES & CREAM <u>ALTERNATE ITEMS:</u> CHICKEN BREAST PEAS ANYTIME MENU OPTION	*SCALLOPED POTATOES HAM FRENCH STYLE BEANS CHERRY CREAM DESSERT <u>ALTERNATE ITEMS:</u> SALISBURY STEAK CARROTS ANYTIME MENU OPTION	*HM BEEF GOULASH GARLIC BREAD CARIBBEAN VEGETABLE APPLE CRISP WITH TOPPING <u>ALTERNATE ITEMS:</u> PORK FILET RED CABBAGE ANYTIME MENU OPTION	BREADED COD TARTAR SAUCE LEMON SLICE GARLIC MASHED BEAN MEDLEY CARROT CAKE ROLL <u>ALTERNATE ITEMS:</u> CABBAGE ROLLS YAMS ANYTIME MENU OPTION	CHICKEN DRUMSTICKS FRIED POTATOES BAKED BEANS JELLO CAKE <u>ALTERNATE ITEMS:</u> BEEF TENDERKNIT WAX BEANS ANYTIME MENU OPTION
D I N N E R	TOMATO SOUP CRACKERS TUNA SALAD SANDWICH SWEET PICKLES MANDARIN ORANGES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CHEESE SOUP CRACKERS EGG SALAD SANDWICH TROPICAL FRUIT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	BLT ON CROISSANT POTATO SALAD BUTTERSCOTCH- PUDDING W/TOPPING <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CHICKEN TENDERS HONEY MUSTARD SIDEWINDER FRIES SUGAR WAFERS <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	MINI CORNDOGS MACARONI & CHEESE SLICED PEARS <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	MUSHROOM SWISS - BURGER ON BUN SWEET POTATO FRIES ROSEY APPLESAUCE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CHICKEN GUMBO- SOUP CRACKERS TURKEY SALAD SAND. LEMON PUDDING WITH TOPPING <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION

MENU SUBJECT TO CHANGE

*HM: HOMEMADE

AVERAGE DAILY MENU: 2-4 gm SODIUM/DAY

45-60 gm CARBS/MEAL